

HEAT, SWEAT & ANXIETY

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Barbara Jagusch

Music: He's Your Problem Now by Ruby Lovett

This dance is dedicated to my Dad, who inspired me through his recent illness to never underestimate the power of prayer and to all the dancers & fellow instructors that saw us through this rough time. -- BJ

WALK 2 - HEEL SWITCHES - WALK 2 - SHUFFLE

- 1-2 Walk forward right, left
- 3& Touch right heel forward, step right besides left
- 4& Touch left heel forward, step left besides right
- 5-6 Walk forward right, left
- 7&8 Shuffle forward right, left right

STEP/HOLD - CROSS/HOLD - ROCK STEP - BEHIND & CROSS

- 1-2 Step left to left side, hold
- 3-4 Cross step right over left, hold
- 5-6 Rock left to left side, recover weight to right foot
- 7&8 Step left behind right, step right to right side, cross left over right

ROCK STEP - CROSSING SHUFFLE - $\frac{3}{4}$ TOE/HEEL TURN

- 1-2 Rock right to right side, recover weight to left foot
- 3&4 Crossing shuffle right, left, right
- 5-6 Making $\frac{1}{4}$ turn right step back on left toe, drop left heel
- 7-8 Making $\frac{1}{2}$ turn right step forward on right toe, drop right heel

HIP BUMPS - 2 COUNT VINE - MONTEREY TURN

- 1&2 Step slightly forward on left bumping hips left, right, left
- 3-4 Cross right behind left, step left to left side
- 5-6 Touch right toe to right side, turn $\frac{1}{2}$ turn right
- 7-8 Touch left toe to left side, step left next to right

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=51992