

HEAT IT UP

LINEDANCE.COM

Count: 32

Wall: 2

Level: beginner/intermediate

Choreographer: Bryan McWherter

Music: Heat It Up by 98 Degrees

KICK & ROCK, KICK & ROCK, KICK & ROCK, KICK & TOUCH

- 1&2&** Kick right foot forward, step right foot in place, rock left foot to left side, step right in place
- 3&4&** Kick left foot forward, step left foot in place, rock right foot to right side, step left in place
- 5&6&** Kick right foot forward, step right foot in place, rock left foot to left side, step right in place
- 7&8** Kick left foot forward, step left foot in place, touch right toe to right side

TOUCH, STEP, TOUCH, STEP, TOUCH, HITCH, TOUCH, SWIVEL, SWIVEL, ¼ BUMP TURN (ROCKIN MY WORLD)

- 9&10&** Touch right toe to right side, step right foot in place, touch left toe to left side, step left in place
- 11&12** Touch right toe to right side, hitch right knee in front of left leg, touch right toe to right side
- 13-14** With heels together swivel them left, swivel center

15&16¼ turn to left bumping hips in a counter clock wise motion

TOUCH, STEP, TOUCH, STEP, TOUCH, HITCH, TOUCH, SWIVEL, SWIVEL, ¼ BUMP TURN (ROCKIN MY WORLD)

- 17&18&** Touch right toe to right side, step right foot in place(&), touch left toe to left side, step left in place
- 19&20** Touch right toe to right side, hitch right knee in front of left leg, touch right toe to right side
- 21-22** With heels together swivel them left, swivel center

23&24¼ turn to left bumping hips in a counter clock wise motion

RIGHT VINE, TOUCH, ROLLING VINE TO LEFT, TOUCH

- 25-28** Step right to right, cross left behind right, step right to right side, touch left beside right
- 29-32** Step left ¼ turn to left, on ball of left foot pivot ¼ turn left stepping right to right side, on ball of right pivot ½ turn to left stepping left to left side, touch right toe next to left foot

REPEAT

