

CANNED HEAT

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Count: 32

Wall: 4

Level: intermediate hustle

Choreographer: Brandi Hughes

Music: Canned Heat by Jamiroquai

BODY ROLL, HEEL BOUNCE, ELBOW POP, SAILOR STEP, SHUFFLE FORWARD

- 1-2** Roll body starting from head down
- 3-4** Bounce both heels (clap), press right elbow out to right side (taking weight onto right)
- 5&6** Cross left foot behind right, step right to right side, step left to left side
- 7&8** Step right foot forward, bring left beside right, step right foot forward

PIVOT ¼ TURN, SYNCOPATED VINE, POINTS, FLICK HEEL

- 1-2** Step forward with left foot, pivot ¼ turn to right shoulder taking weight onto right
- 3&4** Cross left behind right, step right to right side, cross left over right
- 5&6&** Point right to right side, step together, point left to left side, step together
- 7-8** Point right to right side, flick right heel up

SYNCOPATED JAZZ BOX, SAILOR STEP, HEEL DIGS AND TOE POINTS

- 1&2** Cross right over left, step back left, step right to right side
- 3&4** Cross left behind right, step right to right side, step left to left side
- 5&6&** Place right heel forward, step together, point left toe back, step together
- 7&8** Place right heel forward, step together, point left toe back

MODIFIED SWAMP THINGS (TWICE), KICK BALL POINT, SHUFFLE RIGHT

- &1-2** Cross right behind left, step right to right side, heel bounce (clap)
- &3-4** Cross right behind left, step right to right side, heel bounce (clap)
- 5&6** Kick left across right, step left to left side, point right to right side
- 7&8** Step right to right side, step left beside right, step right to right side

REPEAT

At the start of the dance the weight is on both feet with more slightly on the left until the elbow pop