

Heat Wave

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Count: 80

Wall: 4

Level: Low Intermediate - Motown fun

Choreographer: Carl Sullivan - Sydney - 7/2014

Music: Heat Wave by Aarahna. Album: Sweet Soul Music. [174 Bpm - 2:42 Mins - iTunes]

Intro - 16 counts - Styling 1960s Motown - 1 Restart

Pattern: Each Sequence Turns ¼ Right

[1-3 moves to R diagonal -with both arms at 90 degs swinging fwd, back, fwd]

- 1-2-3** Step R fwd on diagonal, Step L beside R, Step R fwd
- 4** Hitch L knee slightly to turn to L diagonal
- 5-6** Step L fwd on L diagonal, Touch R beside with clap
- 7-8** Turn to R diagonal & Step R fwd on diagonal, Touch L beside with clap
- 1-8** Turn to L diagonal and repeat above 8 counts leading with L foot
- 1-2** Step R back on slight angle to R, Touch L toe beside R - both arms swing to R
- 3-4** Step L back on slightly angle to L, Touch R toe beside L - both arms swing to L
- 5-8** Repeat above 4 counts
- 1-2** Step R to R, Touch L toe just behind R - R arm swings up
- 3-4** Step L to L, Touch R toe cross-behind L - R arm swings down & across to L
- 5-8** Repeat above 4 counts. Bend knees on touches
- 1-4** Step R to R, Step L behind R, ¼ R & Step R fwd, Step L to L 3:00
- 5-8** Swivel both heels L, Swivel both toes L, Swivel both heels L, Hold
- 1-2** Step R to R, Touch L toe just behind R - R arm swings out to R
- 3-4** Step L to L, Touch R toe cross-behind L - R arm swings down & across to L and look to L, keep knees bent
- 5-8** Repeat above 4 counts
- 1-2** Step R to R, Touch L beside R - R hand wipes sweat off brow (palm is down)
- 3-4** Step L to L, Touch R beside L - L hand wipes sweat off brow (palm is down)
- 5-8** Turn ¾ R turn keeping turn tight stepping R, L, R, Hold 12:00
- 1-8** Repeat above 8 counts on L side leading with L foot & L hand 3:00

1-8 Using toe heel struts - Step R across L, Step L back, Step R to R, Step L fwd while both arms swing R, L, R, L

1-8 Vine R (R, L, R) Scuff L fwd, Vine L (L, R, L), Touch R beside L

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[80] Restart: On the 3rd Sequence leave off the last 16 counts & restart

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