# CANNED HEAT



**Count:** 32 **Wall:** 4 **Level:** beginner/intermediate

**Choreographer:** John H. Robinson

**Music:** Canned Heat by Jamiroquai

## RIGHT VINE, LEFT TOUCH, HIP BUMPS LEFT-RIGHT-LEFT-RIGHT

| | |
|---|---|
| **1-2** | Right step side right; left step across behind right |
| **3-4** | Right step side right; left touch next to right |
| **5-6** | Bump hips left; bump hips right |
| **7-8** | Bump hips left; bump hips right (weight on right foot) |

## LEFT STEP ¼ TURN LEFT, RIGHT STEP ¼ TURN LEFT, LEFT ROCK, RIGHT RECOVER, LEFT, STEP FORWARD, RIGHT TOGETHER, SYNCOPATED KNEE KNOCK

| | |
|---|---|
| **1-2** | Left step ¼ turn left; pivot ¼ left on ball of left foot stepping right foot about shoulder width apart from left |
| **3-4** | Left rock ball of foot behind right heel; right step in place |
| **5-6** | Left step forward; right step next to left |
| **&7&8** | With weight on left foot, bend knees outward slightly, bend knees inward, bend knees outward slightly, bend knees inward |

**Option: click heels twice on &7&8. With weight primarily on left foot, spread heels, click together, spread heels, click heels together**

## WALK RIGHT, LEFT, RIGHT KICK, STEP HOME, LEFT TOE TAP BACK, STEP HOME, RIGHT STEP FORWARD, ½ PIVOT LEFT

| | |
|---|---|
| **1-2** | Right step forward; left step forward |
| **3-4** | Right kick forward; right step next to left |
| **5-6** | Left toe tap back; left step next to right |
| **7-8** | Right step forward; pivot ½ left shifting weight left |

## WALK RIGHT, LEFT, RIGHT KICK, STEP HOME, LEFT TOE TAP BACK, STEP HOME, RIGHT STEP FORWARD, ¼ PIVOT LEFT

| | |
|---|---|
| **1-2** | Right step forward; left step forward |
| **3-4** | Right kick forward; right step next to left |

| | |
|---|---|
| **5-6** | Left toe tap back; left step next to right |
| **7-8** | Right step forward; pivot ¼ left shifting weight left |

**REPEAT**

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=61111