

# Heat The Beat

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**Count:** 64                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Winnie Yu (Dancepooh), Canada May. 2016

**Music:** Wom Bom Ba [Re Li Je Pai Wou Bom Ba] by Grasshopper, Shirley Kwan, Karen Tong & Winnie Lau

## **Intro: 64 counts**

**\*Floor Split to Winston Yew - Beat The Heat Wou Bom Ba**

## **Section 1: Fwd Rock, Recover, Shuffle Back, Back Rock, Recover, Shuffle Fwd**

**1-2, 3&4** Rock right forward, recover onto left, step right back, step left besides right, step right back

**5-6, 7&8** Rock left back, recover onto right, step left forward, step right besides left, step left forward

## **Section 2: Side (Dip), Roll Hip With Diagonal Touch x 4**

**1-2-3-4** Dip right to side, rolling hips CCW with touch left diagonal to left, dip left to side, rolling hips CW with touch right diagonal to right

**5-6-7-8** Repeat counts 1 - 4

## **Section 3: Diagonal Kick R, Vine L, Diagonal Kick L, Vine R**

**1-2-3-4** Kick right to right diagonal, step right cross behind left, step left to side, cross right over left

**5-6-7-8** Kick left to left diagonal, step left cross behind right, step right to side, cross left over right

## **Section 4: Diagonal Right Step, Lock, Shuffle Fwd, Diagonal Left Step, Lock, Shuffle Fwd**

**1-2, 3&4** Step right diagonal forward to right, lock left behind right, step right forward, step left besides right, step right forward (1:00)

**5-6, 7&8** Step left diagonal forward to left, lock right behind left, step left forward, step right besides left, Step left forward (11:00)

## **Section 5: Side, Toe Behind x 3 with Hands Movements, L Side, Behind**

**1-2-3-4** Step right to side & make a 1/8 L (raising both arms), touch left toe cross behind right (swing both arms to R), step left to side (raising both arms), touch right toe cross behind left (swing both arms to L) (9:00)

**5-6-7-8** Step right to side (raising both arms), touch left toe cross behind right (swing both arms to R), Step left to side, cross right behind left

### **Section 6: L Side, Cross, Side, Toe Behind x 3 with Hands Movements**

- 1-2-3-4** Step left to side, cross right over left, step left to side (raising both arms), touch right toe cross behind left (swing both arms to L)
- 5-6-7-8** Step right to side (raising both arms), touch left toe cross behind right (swing both arms to R), Step left to side (raising both arms), touch right to cross behind left (swing both arms to L)

### **Section 7: Vine R, Side, Kick (or hitch), Side, Kick (or hitch)**

- 1-2-3-4** Step right to side, cross left behind right, step right to side, cross left over right
- 5-6-7-8** Step right to side, kick or hitch L with touch right elbow, step left to side, kick or hitch R with touch left elbow

### **Section 8: Side, Kick (or hitch) , Side, Kick (or hitch) , Side Rock, Recover, Back Rock, Recover**

- 1-2-3-4** Step right to side, kick or hitch L with touch right elbow, step left to side, kick or hitch R with touch left elbow
- 5-6-7-8** Rock right to side, recover onto left, rock right back, recover onto left

### **Tag: 4 counts (right rocking chair) after wall 1, 2, 3, 4**

- 1-2-3-4** Rock right forward, recover onto left, rock right back, recover onto left

**Have fun & always dance with smile !**

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