

# Long 'n' Hot

Description: 32 count, 4 wall, low intermediate dance

Music: Long Hot Summer by Girls Aloud – CD single

Start on the vocals.

Co-choreographers: (08/05)

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**1-8 Right and left heel and right kick ball cross, right back, side left, right cross, side – shake LCL**

1&2& Point right to right side, step right next to left, touch left heel forward, step left next to right

3&4 Kick right diagonal forward right, step right next to left, cross left over right

5&6 Step right in place, step left back and to the side left, cross right over left

7 Step left side left placing palms on cheek bones on face and shake head to the left (7),

&8 with hands still on cheek bones in place shake head center (&) then left again (8)

*\*Option: if you do not want to shake your head just do hip bumps in place instead.*

**9-16 Right step lock & left step lock &, point right, 1/4 right, left triple cross**

1,2& Right step forward, left lock behind right, right step forward

3,4& Left step forward, right lock behind left, left step forward

5,6 Point right side right, make 1/4 turn right step right next to left place right palm next to right face cheek

7 Cross left over right and isolate right hand from wrist and chop hand forward and look left

& Step right side right looking forward and bring hand back to face cheek

8 Cross left over right and isolate right hand from wrist and chop hand forward and look left

**17-24 Right sweep, press, bounce, bounce, hitch, step lock, right lock step forward**

1,2 Sweep right from back to front, pressing right forward in place

3&4 Bounce on both heels, bounce on both heels, transfer weight to left foot hitching right knee

5-6 Step right forward, lock left behind right

7&8 Step right forward, lock left behind right, step right forward

**25-32 Left rock step, left triple 1/2 turn, lift step, left step lock step**

1,2 Rock left forward, replace weight right

3&4 Step left 1/4 turn left, step right next to left, step left 1/4 turn left

5 Raise up on the ball of the left foot and bring the right hip up raising the right leg off the floor

6 Step right forward

7&8 Step left forward, lock right behind left, step left forward

*\*Option for 5,6,7&8: Right kick, step forward right, run forward left, right, left.*

Start the dance again.

**Happy Dancin & Make It Fun!**