

# Heat

Choreographed by Barry Amato - [www.barryamato.com](http://www.barryamato.com)

Music: "Heat" by Lance Wing

32 count / 2 Wall Line Dance / BPM: / Intro:

a.k.a. The Whole SheBang

***step out, step out (with hip styling), ball change, hold, walk, walk, step pivot***

1. Step out on the R foot as you roll (or bump) R hip clockwise.
2. Step out on the L foot as you roll (or bump) R hip counterclockwise.
- &3 Step back onto the R foot (&). Quickly change weight to the L foot (3).
- 4-6 Hold (4). Walk forward R-L (5-6).
- 7-8 Step forward on the R (7). ½ turn pivot L with L foot taking weight (8).

***kick, step, touch side, kick, step, touch side, cross, touch side, cross, touch side***

- 1&2 Kick the R foot forward (1). Step down on the R foot in place (&). Touch L foot to L side (2).
- 3&4 Kick the L foot forward (3). Step down on the L foot in place (&). Touch R foot to R side (4).
- 5-6 Cross R foot over L (5). Touch L foot to L side (6) \* Travel slightly forward as you do this.
- 7-8 Cross L foot over R (7). Touch R foot to R side (8). \*Travel slightly forward as you do this.

***paddle 3/4 turn, touch back, step together, touch side 2X***

- &1 Hitch R foot to L knee (&). Pivot on ball of L foot as you 1/4 turn L and touch R foot to R (1). \* As you do this snap fingers out to the R side.
- &2 Repeat
- &3 Repeat
4. Step on the R foot next to L.
- 5-6 Touch the L foot straight back (5). Step L foot next to R (6).
- 7-8 Touch R foot to the R side 2X.

***kick ball change, kick step, touch back, 1/4 turn, hip bumps***

- 1&2 Kick the R foot forward (1). Step on the ball of the L foot in place (&). Step on the L foot in place (2).
- 3&4 Kick the R foot forward (3). Step on the R foot in place (&). Touch L foot straight back (4).
5. Pivot on ball of R foot a 1/4 turn L and place weight down on both feet.
- 6-8 Bump R hip to the R side (6). Bump L hip to the L side 2X with L foot taking weight on second bump (7-8).

**Start dance again!**