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## Heat, Sweat & Anxiety

32 count, 4 wall, intermediate level

Choreographer: Barbara Jugusch (USA) March 2002  
Choreographed to: He's Your Problem Now by Ruby Lovett (141bpm); Cold Hearted by Clay Walker, Live Laugh Love CD (124 bpm); Boys by Sabrina, The Best Of CD

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### Walk 2 – Heel Switches – Walk 2 – Shuffle

- 1-2 Walk Forward Right, Left
- 3& Touch Right Heel Forward, Step Right Besides Left
- 4& Touch Left Heel Forward, Step Left Besides Right
- 5-6 Walk Forward Right, Left
- 7&8 Shuffle Forward Right, Left Right

### Step/Hold – Cross/Hold – Rock Step – Behind & Cross

- 1-2 Step Left to Left Side, Hold
- 3-4 Cross Step Right Over Left, Hold
- 5-6 Rock Left To Left Side, Recover Weight to Right Foot
- 7&8 Step Left Behind Right, Step Right To Right Side, Cross Left Over Right

### Rock Step – Crossing Shuffle – $\frac{3}{4}$ Toe/Heel Turn

- 1-2 Rock Right To Right Side, Recover Weight To Left Foot
- 3&4 Crossing Shuffle Right, Left, Right
- 5-6 Making  $\frac{1}{4}$  Turn Right Step Back On Left Toe, Drop Left Heel
- 7-8 Making  $\frac{1}{2}$  Turn Right Step Forward On Right Toe, Drop Right Heel

### Hip Bumps – 2 Count Vine – Monterey Turn

- 1&2 Step Slightly Forward On Left Bumping Hips Left, Right, Left
- 3-4 Cross Right Behind Left, Step Left To Left Side
- 5-6 Touch Right Toe To Right Side, Turn  $\frac{1}{2}$  Turn Right
- 7-8 Touch Left Toe To Left Side, Step Left Next To Right

Smile & Start Over

Choreographers Note: This dance is dedicated to my Dad, who inspired me through his recent illness to never under estimate the power of prayer and to all the dancers & fellow instructors that saw us through this rough time.....BJ

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