

Heavy Rotation

ADVANCED

64 Count 2 Walls

Choreographed by: Michael Lynn

Choreographed to: Heavy Rotation by Anastacia

Section 1 TOE-PRESS STEPS X4, 1/2 TURNING JAZZBOX

- 1 - 2 Touch right forward, step onto right,
3 - 4 Step left forward, step right forward,
5 - 6 Cross left over right, step right back 1/4 left,
7 - 8 Step left 1/4 left, step forward right.

STYLING: Counts 2-4 should have a kinda knee pop action.

Section 2 1/2 TURNING JAZZBOX, ROCK RECOVER, SPRING "N" FLICK, LINE & HOLD

- 1 - 2 Cross left over right, step right back 1/4 left,
3 - 4 Step left 1/4 left, step forward right,
5 - 6 & Rock forward left, recover right, spring onto left next to right while back flicking right,
7 - 8 Stretch right leg through into forward line, hold count 8.

Section 3 FULL TURN LEFT, LEFT COASTER STEP, RIGHT TOUCH, SHOULDERS POPS, BODY RIPPLE

- 1 - 2 Twist 1/2 left, step right 1/2 left,
3 & 4 Step left back, step right beside left, step forward left,
5 - 6 Touch right forward (keeping weight on left) while popping shoulders twice,
7 - 8 Body ripple over 2 counts.

Section 4 SYNCOPATED STEP-SLIDE-HOLDS, SIDE SWITCHES X4

- & 1 - 2 Step right beside left, slide left back, hold count 2,
& 3 - 4 Step right beside left, slide left back, hold count 4,
5 & 6 & Touch left to left side, step left beside right, touch right to right side, step right beside left,
7 & 8 Touch left to left side, step left beside right, touch right to right side.

Section 5 RIGHT BACK TOUCHES X2, SCUFF-HITCH-SIDE TOUCH, CIRCLE HIPS (ANTI/CLOCKWISE)

- 1 - 2 Touch right back twice,
3 & 4 Scuff right through into a hitch (3), step right beside left (&), touch left to left side,
5 & 6 Transfer weight onto left while circling hips anti-clockwise,
7 & 8 Transfer weight onto right while circling hips clockwise.

Section 6 FULL TURN LEFT, LEFT COASTER STEP, RIGHT ROCK RECOVER, 1/4 TURN RIGHT, LEFT ROCK

- 1 - 2 Step right 1/2 left, step left 1/2 left,
3 & 4 Step left back, step right beside left, step forward right,
5 - 6 Rock forward right, recover left,
7 - 8 Step right 1/4 right, rock forward left.

Section 7 RIGHT RECOVER, 1/2 TURN LEFT, FULL TURN LEFT, LEFT JAZZBOX

- 1 - 2 Recover right, step left 1/2 left,
3 - 4 Step right 1/2 left, step left 1/2 left,
5 - 6 Cross right over left, step left back,
7 - 8 Step right to right side, cross left over right.

Section 8 RIGHT HITCH, RIGHT STEP, HIP BUMPS X2, SAILOR 1/2 TURN RIGHT, 1/4 TURN LEFT, 1/2 TURN SWEEP LEFT

- 1 - 2 Hitch right, step right to right side,
3 - 4 Bump hips right, left,
5 & 6 Step right behind left making 1/4 turn to right, step left next to right making 1/4 turn to right, step forward on right,
7 - 8 Step 1/4 left, sweep right 1/2 left (keeping weight on left).
- No tags or RESTARTS... Hooray! Have fun!