

DIXIE LINERS



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Heat of the moment

Choreographer: Paulette Hylands
Contact: 07944 609 059 **Email:** PauletteHylands@aol.com

Description: 32 count, 4 Wall, Beginners Dance
Choreographed to: My heart is lost in you - Brooks & Dunn 128BPM
Suggested Alternatives: Garth Brooks - Ain't goin down 172 BPM

Hip Bumps, Step forward with shimmy and Clap

- 1 & 2 Right hip bump & Right hip bump
- 3 & 4 Left hip bump & Left hip bump
- 5 - 6 Right forward, Shimmy shoulders
- 7 - 8 Shimmy shoulders, Clap

Hip Bumps, Step forward with shimmy and Clap

- 1 & 2 Left hip bump & Left hip bump
- 3 & 4 Right hip bump & Right hip bump
- 5 - 6 Left forward, Shimmy shoulders
- 7 - 8 Shimmy shoulders, Clap

Cross, 1/4 turn Left, Cross, Grapevine with 1/4 turn, Right shuffle

- 1 - 2 Cross Right over Left, Step 1/4 Left on Left foot
- 3 - 4 Cross Right over Left, Step Left to Left side
- 5 - 6 Step Right behind Left, Step Left foot 1/4 Left
- 7 & 8 Step Right forward, bring Left beside Right, Step Left forward

Half pivot Right, Left lock step, Step, Scuff, 1/4 turn Left

- 1 - 2 Step forward on Left, 1/2 pivot to Right
- 3 - 4 Step forward on Left, Bring Right behind Left
- 5 - 6 Step forward on Left, Scuff Right forward
- 7 - 8 Step down on Right and pivot 1/4 turn Left

Start Again