

Heavy Rotation

Intermediate Plus – Pop – Up Tempo

Music By: Anastacia, Heavy Rotation CD (released 2/09), Track # 5

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Wait 16 Beats

Sequence: Intro A B C A B C Break *B *B C Intro

(Notes: *B = Turn 1/4 R on each Turkey Rotation – to face each wall)

Intro: 16 Beats

Sally Ann DS RS H DBL/B(XIB) (1/4L) S DS BR/SL (1/4L) DS RS
L RL R L L R L R L R LR
&1 &2 & 3e & 4 &5 & 6 &7 &8

*****Repeat “Sally Ann” To Face Front*****

Part A: 64 Beats

Buttermilk Churn & Joey DS S(XIB) DS RS DS B(XIB) B(O) B(O) B(XIB) B(O) S(O)
L R L RL L R L R L R L
&1 2 &3 &4 &5 & 6 & 7 & 8

Laura’s Bounce (Pause) S DS(XIF) S(O) S(XIB) BOUNCE H (Pause) CHUG DS R SLUR-K(1/2R)
L R L R B R R R L L L
& 1 &2 & 3 & 4 & 5 &6 & 7 8

Buttermilk Churn & Joey

Fancy Double DS DS RS RS (1/2R)
L R LR LR
&1 &2 &3 &4

Bella Click DS HOP/H(XIF)/S HOP/S(OTS) SLUR/S(XIB) S(OTS) S D/H(O) H-Click H-Drop RS
L L R R R L R R L RL Both Both R LR
&1 & a 2 & 3 & 4 & 5 & 6 & 7 & 8

Mountain Goat Turn DS R(XIF)S R(OTS)S B(B)/SL D/BOUNCE HOP/S T/B(1/2R) H/S H-SCUFF T-FLAP/S
L R LR LR R L B R L RR LL R R R
&1 & 2 & 3 & 4 & 5 & 6 e & a 7 e& a 8

Bella Click & Mountain Goat Turn

4 Steps S S S S (Turning 360L) (4 Counts)
Turning L R L R

Part B: 32 Beats

Spin Cycle DS D/B(XIF)/S DS D/B(XIF)/S DS D/B(XIF)/S D/B(UNX)/S D/B(XIF)/S
L RR LR LL RL RR LR R L RR L
&1 e& a 2 &3 e& a 4 &5 e& a 6 e& a 7 e& a 8

Turkey H T S DS RS S(XIF) B-Pivot(1/2R) H-Drop H-Drop (Hands: BR L Shoulder Then R on H-Drops)
Rotation R L L R LR L Both Both Both
1 & 2 &3 &4 5 6 7 8

*****Repeat “Spin Cycle & Turkey Rotation” to face front*****

Part C: 32 Beats

Bring It Back H/S(1/8R) T(B)/S H/S(1/8L) BR/SL(1/4L) DS DR RS DR RS (forward then DR Back)
Drags LL R R LL R L R R LR R LR
(diagonally L) &1 & 2 &3 & 4 &5 & 6& 7 & 8

Triple Brush & Hard Step DS DS DS BR/SL (Diagonally L & 1/4 L to Face Front) D(B)/SL BR/SL DS RS
L R L R L R L R L R LR
&1 &2 &3 & 4 & 1 & 2 &3 &4

****Repeat “Bring It Back Drags, Triple Brush & Hard Step” – Diagonally R & Then 1/4 R to face front****

Break: 32 Beats

Shane’s Cha Cha Mixer S(F) B-Pivot(1/4R) S RS S(F) B-Pivot(1/2L) S RS
L Both L RL R Both R LR
1 2 3 &4 5 6 7 &8

****Repeat “Shane’s Cha Cha Mixer” 3 More Times To Face All Walls & End To Front****

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More Information Contact:

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