

HIT ME WITH A HOT NOTE

Bill & Carol Goss 10965 Sunny Mesa Rd. San Diego, CA 92121
858-638-0164 gossbc@san.rr.com
\$1.29 Download Rhapsody Hit Me With a Hot Note album Hot Notes
Tami Tappan Damiano Track 6 Footwork: Opposite Unless Noted
Phase: V+2 West Coast Swing Released: February 3, 2012
Sequence: INTRO, A, B, C, INTER, A, D, C, INTER, A MOD, ENDING

INTRO

1-4 WAIT;; MAN CIRCLE 4 TO FC LADY SHOULDER BOUNCES 4 TIMES;;

- 1-2 {Wait} In tandem fc RLOD M in front of W L leg in a press line (W with R ft in press line L hnd behind her head L shoulder bk) wait 2 meas;;
- 1-3-5-7- 3-4 {He Circle 4 She Shoulder Bounce} He circle 4 LF L,-, R,-; L,-, W----- R to fc ptr & LOD join lead hnds,- (W lower in both knees as roll L shoulder fwd, rise & return to original pos, repeat down, up; down, up, down, up extend lead hnd to M in a provocative manner trail hnd to sd);

PART A

1-4 WHIP;; WRAPPED WHIP;;

- 123&4 1-2 {Whip} Bk L, recov fwd R moving to W's R sd start RF trn ¼ to 567&8 momentary SCP, sd L cont RF trn ¼ / fwd R, sd & fwd L cont trn; XRIB of L, sd L, anchor in pl R/L, R (W fwd R, fwd L trn RF ½ to SCP, bk R/ cl L, fwd R; fwd L start RF trn, cont RF trn bk R, anchor L/R, L);
- 123&4 3-4 {Wrapped Whip} Bk L join trail hnds, recov R trn RF raise 567&8 joined lead hnds keep trail hnds at waist level, sd L twd LOD/ recov R trn RF, cont trn RF to fc RLOD sd & fwd L (W fwd R, fwd L, passing under jnd lead hnds fwd R/ cl L, bk R) end in momentary wrapped pos both fc RLOD; XRIB trn RF, sd L cont trn RF to fc LOD release trail hnds, anchor R/L, R (W bk L, bk R, anchor L/R,L) end LOP fc ing fc LOD;
- 5-8 PUSH BREAK;;, BK 2;; SIDE BREAKS; CHICKEN WALK 4 QKS;
- 123&4 5-6 {Push Brk Bk 2} Bk L, bk R to two hnds joined low (W stronger 5&678 steps to be close to M), bk L/ bring R twd L, small fwd L (W stronger step bk R) end with lead hnds joined; anchor R/L, R, bk L, bk R;
- &1-&3- 7-8 {Sd Breaks} On & ct sd L/ sd R lead hnds joined, hold, on & ct 5678 tog L/ tog R, hold; {Chicken Walks 4} Bk L, R, L, R (W toe out fwd R, L, R, L);

PART B

1-4 SD WHIP;; SURPRISE WHIP;;

12-- 1-2 {Sd Whip} Bk L, recov R trn ¼ RF to "L" pos trn W to SCP (W
-67&8 fwd R, fwd L trn RF ½ to SCP), Press L fwd as (W bk R/ cl L,
(W123&4 fwd R); Hold, recov fwd L, anchor R/L, R (W fwd L start LF trn,
567&8) cont LF trn sd & bk R, trn LF anchor L/R, L);

123&4 3-4 {Surprise Whip} Bk L, recov fwd R moving to W's R sd start
567&8 RF trn ¼ to momentary SCP, sd L cont RF trn ¼ / fwd R, sd L fc
RLOD (W fwd R, fwd L trn RF ½ to SCP, bk R/ cl L, fwd R);
Trn RF to cause W to swvl to SCP chk fwd R, recov L, anchor
R/L, R fc ptr & RLOD (W swvl RF to chk bk L, recov R start trn
under lead hnds RF, finish trn L/R, L fc ptr lead hnds joined);

**5-8 UNDERARM TRN & WALK BK 2;; SD BREAKS; CHICKEN WALK 4
OKS;**

123&4 5-6 {Underarm Trn Walk Bk 2} Bk L, recov R moving to W's R sd
5&678 start RF trn, lead W to LF underarm trn as trn triple to fc LOD
L/R, L (W fwd R, fwd L start LF trn, trn under lead hnds sd R/
XLIF of R, bk R to fc ptr & RLOD); Anchor R/L, R, bk walk
L,R;

&1-&3- 7-8 {Sd Breaks} On & ct sd L/ sd R lead hnds joined, hold, on & ct
5678 tog L/ tog R, hold; {Chicken Walks 4} Bk L, R, L, R (W toe out
fwd R, L, R, L);

PART C

**1-4 WAIST DRAG TO HANDSHAKE;; INSIDE WHIP TO ESCORT WALK
AROUND;;;**

123&4 1-2 {Waist Drag} Bk L, recov fwd & sd R trn ¼ LF, in pl L/R trn LF,
5&612 fwd L onto track as W passes behind M; anchor R/L, R to hand
shake (W fwd R, fwd L, sliding behind M keep lead hnd on his
body XRIF of L/ sd L, XRIF of L; anchor L/R, L),

{Inside Whip to Escort Walk Arnd} Bk L, recov R trn ¼ RF off
track as lead W in LF underarm trn (W fwd R, fwd L start LF trn
under joined R hnds);

3&456 3-4 {Cont} Sd L cont RF trn ¼ / fwd R, sd & fwd L trn RF fc RLOD
789&10 lead arms hooked in escort pos, wheel RF bk R, L; R, L leading
W to fc, anchor R/L, R to end fc RLOD lead hnds joined (W bk
R/ cl L, fwd R to escort, wheel fwd L,R; L, R trning to fc ptr &
RLOD, anchor L/R,L);

**5-8 UNDERARM TRN ;,, LEFT SD PASS WITH 3 VOLTAS UNDERARM
TRN ENDING;;;**

123&4 5-6 {Underarm Trn} Bk L, recov R moving to W's R sd start RF trn,
5612 lead W to LF underarm trn as trn triple to fc RLOD L/R, L (W
fwd R, fwd L start LF trn, trn under lead hnds sd R/ XLIF of R,

bk R to fc ptr & LOD); Anchor R/L, R, **{Start Left Sd Pass}** Bk L off the track twd COH trn LF, cl R fc wall (W fwd R, L start to trn to fc ptr) M still down LOD of the W;
 &3-&5- 7-8 **{3 Voltas with Underarm Trn Ending}** On & ct sd L/ XRIF of
 &789&10 L, hold, sd L/ XRIF of L, hold; sd L/ XRIF of L, sd & fwd L lead W past (W fwd R to trn under lead hnds RF), fc LOD and anchor R/L, R (W finish underarm trn L/R, L);

INTERLUDE

1-2 **SWVL BK TO BK., BOUNCE 4 QK.; SWVL TO FC., ARM SWING UP.;**
 1--- 1-2 **{Swvl Bk to Bk Bounce 4 Qk}** Fwd L twd ptr lower in knee to
 5--- swvl RF in "V" bk to bk pos, rise in knees press the trail ft into press line drop lead hnds trail hnd on front of waist (W trail hnd on top of head), quickly bounce down & up twice down/ up, down/ up; **{Swvl to Fc Arm Swing Up}** Recov onto trail ft lower to swvl LF, cont LF trn to fc ptr rise in knees lead ft pt twd pt (W put trail hnd on hip), swing trail arms down and behind, then up by the ear;

REPEAT A

PART D

1-4 **SHADOW TUCK & ROLL WITH ANCHOR;; HALF WHIP;;**
 123&4 1-2 **{Shadow Tuck & Roll with Anchor}** Bk L, rec R across L start
 567&8 RF trn, lead W to trn LF cont RF trn point L sd twd LOD to momentary shadow pos fcng wall R hands joined at about shoulder level & L hand on W's L shoulder, fwd L trng RF (W fwd R, fwd L, trng ¼ LF pt R sd, trng ¼ RF fwd R twd RLOD) to mom tandem RLOD M behind W; Fwd R, fwd L checking, bk to anchor R/L, R (W fwd L start RF trn to fc wall, cont RF trn fwd R RLOD, fc ptr anchor L/R, L) to end LOP fcng ptr & RLOD;
 123&4 3-4 **{Half Whip}** Bk L, fwd & sd R moving to W's R sd, sd L cont
 567&8 RF trn slightly/ recov fwd R with R sd twd ptr, sd & bk L with R sd still twd ptr to CP LOD; fwd R, fwd L, anchor R/L, R (W fwd R, fwd L trn RF ½ to SCP, bk R/ cl L, fwd R; bk L, bk R, anchor L/R, L) end fcng LOD lead hnds joined;
 5-8 **ROCK WHIP;;; CHICKEN WALK 4 QKS;**
 123&4 5-7 **{Rock Whip}** Bk L, rec R across L start RF trn, cont RF trn sd &
 5678 fwd L/rec R, sd & fwd L (W fwd R, L trng RF ½ to SCP, bk R/cl
 91011&12 L to R, fwd R) to end mom CP M fcng RLOD; Trng RF strongly on L fwd R LOD between W's feet, cont RF trn to rec L twd COH, cont RF trn fwd R RLOD between W's feet, cont RF trn rec L twd wall; Trng RF strongly on L fwd R LOD between W's feet to fc LOD, fwd L release CP to lead hnd joined, anchor R/L, R;

1234 8 {Chicken Walk 4} Bk L, R, L, R (W toe out fwd R, L, R, L);

REPEAT C

REPEAT INTERLUDE

PART A MOD

1-4 WHIP;; WRAPPED WHIP;;

123&4 1-2 {Whip} Repeat Meas 1-2 Part A;;

567&8

123&4 3-4 {Wrapped Whip} Repeat Meas 3-4 Part A;;

567&8

**5-9 PUSH BREAK;; BK 2;; SIDE BRKS; HOLD & QK SD BRKS HOLD
LADY HIP ROLL 3;;**

123&4 5-6 {Push Brk Bk 2} Repeat Meas 5-6 part A;;

5&678

&1-&3- 7-8 {Sd Breaks} Repeat Meas 7 part A; {Hold & Qk Sd Brks} Hold,
-&6&7&8 on & ct sd L/ sd R, recov under body L/ R, sd L/ sd R;

&1--- 9 {Qk Sd Brk and Hold 3 Lady Hip Roll 3} Recov under the body
L/R, hold,,(W lower both knees to L as trail hnd comes up twd
head, start rising both knees to R trail hnd caress bk of head &
down the front of body, straighten knees trail hnd out to sd);

ENDING

**1-4 TUMMY WHIP;; SUGAR WRAP WITH KNEE LIFT & UNWRAP;;
ARMS & LUNGE;;**

123&4 1-2 {Tummy Whip} Bk L, rec R across L start RF trn, placing R
567&8 hand on W's R hip cont RF trn sd & fwd L/rec R, sd & fwd L (W
fwd R, L, fwd R both arms go out to RLOD/cl L to R both arms
come up to go behind the head, bk R both arms caress bk of head
down to neck); XRIB of L trn RF, recov L cont RF trn lead W to
bk up, anchor R/L, R (W bk L, bk R, anchor L/R,L) end LOD
lead hnds joined;

12-4 3-4 {Sugar Wrap with Knee Lift Unwrap Arms & Lunge} Bk L,
5&6-8 bk R leading W to wrap in front of M RF, pt L fwd, recov fwd L
unwrap the W to fc; anchor R/L, R (W fwd R, fwd L swvl RF to
wrap in front of M, lift R knee up pushing R arm fwd twd LOD,
fwd R trn LF to fc ptr; anchor L/R, L), stamp L to R no wgt as
take both arms and XIF of chest, lunge sd L with arms out to sd
sway with L sd up R ft pt twd wall;