

Heat Wave

Count: 48

Wall: 4

Level: Improver

Choreographer: Paula-jayne Ogilvie (AUS) & Novi3NLD (INA) - October 2025

Music: (Your Love Is Like A) Heat Wave - Reba McEntire

Starts on vocals

Section 1. Side strut, cross strut, side shuffle, Rock, recover

1,2,3,4 Step R toe to R side, drop R heel, cross L toe over RF, drop L heel.
5 & 6 step RF to R side, step LF beside RF, step RF to R side
7,8 rock back on LF, recover weight to RF.

Section 2. Side strut, cross strut, side shuffle, Rock, recover

1,2,3,4 step L toe to L side, drop L heel, cross R toe over LF, drop L heel.
5 & 6 step LF to LF side, step RF beside LF, step LF to L side
7,8 rock back on RF, recover weight to LF.

Section 3. Forward, hold, ½ turn, hold, forward hold, ¼ turn, hold

1,2,3,4 step RF forward, hold, pivot ½ turn L transferring weight to LF, hold,
5,6,7,8 step RF forward, hold, ¼ turn L transferring weight to LF, hold

Section 4. Step, lock, step, scuff, side, swivel RF to LF heel, toe, heel.

1,2,3,4 step RF forward, lock LF behind RF, step RF forward, scuff LF forward.
5,6,7,8 step LF to LF to L side, swivel RF towards LF heel, toe, heel,

Section 5. Vine R touch, vine L touch.

1,2,3,4 step RF to R side, step LF behind RF, RF to R side, touch LF beside RF
5,6,7,8 step LF to L side, step RF behind LF, step LF to L side, touch RF beside LF

Section 6. Rumba box forward.

1,2,3,4 step RF to R side, touch LF beside RF, step RF forward, hold
5,6,7,8 step LF to L side, step RF beside LF, step LF back, touch RF beside LF.