

THE HEAT IS ON

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Music : The Heat Is On - Album - Beverly Hills Cop Soundtrack / Artist - Glenn Fry
You Tube - [The Heat Is On](#) Download Amazon - [The Heat Is On](#)
Rhythm : Jive Spd: 36.9rpm (-18% in DM)
Edit cut off 11.9 seconds from beginning / cut off ending from 2:14.30 / then slow 18 %
(net edited music of 2:44) edited music avail from choreographer
Phase : 4 + 1 + 1 / Stop & Go / Shuffling Doors average difficulty
Footwork : Opposite Except where noted release : Oct 2025

Seq - Intro , A, Intr 1, B , A (1-8), Intr 2 , C B , A (1-8) , End

Intro - low BFLY -

1-6 **Wait 2 ; ; Sailor Shuffles ; Change of Places ; ; ;**

Wait 2 measures ; ;

1a2 3a4 {Sailor Shuffles} (low BFLY) XLIBR/sd R, sd L, XRIBL/sd L, sd R BFLY ;

12 3a4 5a6 {Change of Places} (low BFLY) Rk apt L, rec R, turn LF 1/4 in pl L/R, L lead W turn RF under jnd lead hands ; in pl R/L, R,

(rk bk R, rec L, trng RF 3/4 under jnd lead hands fwd R twd LOD/cl L, sd and bk R ;

small bk L/cl R, bk L fc RLOD) Lop Fcg / LOD

12 3a4 5a6 Bk bk L, rec R ; Trng RF sd L/cl R lead W turn LF under jnd lead hands sd L, in pl R/L, R,

(rk bk R, rec L ; fwd R/cl L, fwd R trng 3/4 LF under jnd lead hnds, sd L/cl R, sd L) Lop Fcg / W ;

7-8 **Rock Rec Side Close CP ; Jive Chasse ;**

1234 {Rock Rec Side Close CP} (CP / W) Rk bk L, rec R, sd L, cl R CP / W ;

1a2 3a4 {Jive Chasse} (CP / W) Sd L/cl R, sd L, sd R/cl L, sd R CP / W ;

A - CP / W -

1-4.5 **Fallaway Throwaway shake hands ; , , Triple Wheel w/ Lady Single Turn lady spin face line ; ; ;**

12 3a4 5a6 {Fallaway Throwaway shake hands} (CP / W) Rk bk L blend to SCP, rec R,

small fwd L/cl R, fwd L trng LF lead W to trn LF twd LOD ; small bk R/cl L, bk R,

(rk bk R SCP, rec L, fwd R /cl L, fwd R trng LF to fc man ; bk L/cl R, bk L) handshake / LOD

12 3a4 {Triple Wheel w/ Lady Single Turn lady spin face line} (handshake / LOD) Rk bk L, rec R ;

lead ptr twd m's rt side and LF trn – man trng RF chasse fwd L & pat ptr's bk with L hand /R, L,

(rk bk R, rec L twd m's rt side ; trng LF chasse fwd R/L, R,) tandem wall

1a2 34 Cont RF trn chasse fwd R/L, R ; raise jnd rt hands to lead ptr's LF trn man cont to wheel RF

fwd L, fwd R, (chasse fwd R/L, R trng RF & pat ptr's bk with L hand ;

fwd R trng LF under jnd ld hnds, cont fwd L trng LF,) man fc COH / lady fc LOD

1a2 3a4 Trng RF chasse fwd L/R, L ; lead lady to spin RF release hnds, in plc R/L, R,

(chasse fwd R/L, R spin RF 1/2 ; cont RF spin L/R, L,) Lop Fcg / LOD

4.5-8 **Change Left to Right , ; Link to ; Continuous Chasse ;**

12 3a4 5a6 {Change Left to Right} (Lop Fcg / LOD) Rk bk L, rec R ; Fwd L/R, L trng RF lead W LF under jnd ld hands, sd R/cl L, sd R

(rk bk R, rec L ; fwd R/L, R trng 3/4 LF under jnd lead hnds, sd L/cl R, sd L) Lop Fcg / wall ;

12 3&4 {Link to} (Lop Fcg / W) Rk apt L, rec R, small fwd chasse L/R, L

(rk bk R, rec L, small fwd chasse R/L, R) Lop Fcg / wall ;

1a2a3a4 {Continuous Chasse} (Lop Fcg / W) Sd R/cl L, sd R/cl L, sd R/cl L, sd R Lop Fcg / wall ;

THE HEAT IS ON

Pg 2

9-11.5 Change Right to Left ; , , Change Left to Right ; Glide to the Side ;

- 12 3a4 5a6 {Change Right to Left} (Lop Fcg / W) Rk apt L, rec R, turn LF 1/4 in pl L/R, L lead W turn RF under jnd lead hands ; in pl R/L, R,
(rk bk R, rec L, trng RF 3/4 under jnd lead hands fwd R/L, R fc RLOD ;
small bk L/R, L, fc RLOD) Lop Fcg / LOD
- 123a4 {Change Left to Right} (Lop Fcg / LOD) Rk bk L, rec R ; Fwd L/R, L trng RF lead W turn LF under jnd ld hands (rk bk R, rec L ; fwd R/L, R trng 3/4 LF under jnd lead hnds) ;
- 123a4 {Glide to the Side} (Lop Fcg / W) Sd R, thru XLIFR (XRIFL); sd R/cl L, sd R, Lop Fcg / W

11.5-16 Rock Rec Swivel 4 , ; ; Point Step 4 face ; ; Jive Chasse ;

- 12 3456 {Rock Rec Swivel 4} (Lop Fcg / W) blending to CP rk bk L to SCP, rec R ;
leading lady to swivel on each step fwd L, fwd R, fwd L, fwd R ;
- 2 - 4 {Point Step 4 face } (CP / W) blending to SCP point L down line, fwd L, point R down line, fwd R ;
- 2 - 4 Point L down line, fwd L, point R down line, fwd R ;
- 1a2 3a4 {Jive Chasse} (SCP) blend to CP Sd L/cl R sd L, sd R/cl L, sd R CP / W ;

Intr 1 - CP / W - Pretzel Turn ; ; ; Rock Rec Side Close ;

- 12 3a4 {Pretzel Turn} (CP W) Rk bk L, rec R trng to fc ptr, sd L/cl R, sd L trng RF to bk to bk pos
keep lead hands joined ;
- 1a2 34 Sd R/cl L, sd R, XLIFR extend trailing hands to LOD, rec R vee bk to bk pos. ;
- 1a2 3a4 Sd L/cl R, sd L trng LF to fc ptr, sd R/cl L, sd R Lop fcg / wall ;
- 1234 {Rock Rec Side Close} (Lop fcg / wall) Rk bk L to SCP, rec R to CP, sd L, cl R ;

B - CP / W -

1-2.5 Side Tap Right Chasse ; Change Right to Left ; , ,

- 1 - 3a4 {Side Tap Right Chasse} (CP / W) Sd L, tap R beside L, sd R/cl L, sd R CP / W ;
- 12 3a4 5a6 {Change Right to Left} (CP / W) Rk bk L SCP, rec R, turn LF 1/4 in pl L/R, L
lead W turn RF under jnd lead hands ; in pl R/L, R,
(rk bk R, rec L, trng RF 3/4 under jnd lead hands fwd R/L, R fc RLOD ;
small bk L/R, L, fc RLOD) Lop Fcg / LOD

2.5-6 Stop and Go ; ; Sole Tap , ;

- 12 3a4 {Stop and Go} (Lop Fcg / L) Rk apt L, rec R raise ld hands lead woman to LF under arm turn ;
Fwd L/cl R, fwd L (apt R, rec L, trng LF under joined hands fwd R/L, sd and bk R fc LOD) ;
- 12 3a4 On soft knee lunge fwd R trng upper body RF look at ptr rt plc hand on W's shoulder,
rec L raise ld hnds ; lead woman to RF under arm turn bk R/L, R,
(bk L raise lft arm up, rec R, trng RF under joined hands fwd L/R, L fc man) Lop Fcg / L
- 12 3- 5a6 {Sole Tap} (Lop Fcg / L) Rk apt L, rec R trng RF (LF) ; Sd L twd ptr, swing R (L) foot up behind
L (R) knee to tap sole of foot to W's foot, sd R/cl L, sd R ;

7-10 Shuffling Doors ; ; Change Left to Right ; Glide to the Side CP ;

- 123a4 {Shuffling Doors to face LOD} (Lop sd by sd / wall) XLIBR, rec R, sd L/cl R, L man slide
across beh W to OP sd by sd fcg wall ;
- 123a4 XRIBL, rec L, sd R/cl L, R man slide across in front of W Lop sd by sd Fcg / wall ;
- 123a4 {Change Left to Right} (Lop Fcg / LOD) XLIBR, rec R, sml fwd L/R, L trng RF lead W turn LF
under jnd ld hands (rk bk R, rec L, fwd R/L, R trng 3/4 LF under jnd lead hnds) ;
- 123a4 {Glide to the Side} (Lop Fcg / W) Sd R, thru XLIFR (XRIFL), sd R/L, R Lop Fcg / W ;

THE HEAT IS ON

Pg 3

Repeat A (1-8) -

Intr 2 - Lop Fcg / wall - Back Vine 4 ; Pretzel Turn ; ; ; Rock Rec Side Close ;

- 1234 {Back Vine 4} (Lop Fcg / W) XLIBR, sd R, XLIFR, sd R ;
12 3a4 {Pretzel Turn} (Lop Fcg / W) Rk bk L SCP, rec R trng to fc ptr, sd L/cl R, sd L trng RF
to bk to bk keep lead hands joined ;
1a2 34 Sd R/cl L, sd R, XLIFR extend trailing hands to LOD, rec R ;
1a2 3a4 Sd L/cl R, sd L trng LF to fc ptr, sd R/cl L, sd R ;
1234 {Rock Rec Side Close} (Lop fcg / wall) Rk bk L to SCP, rec R to CP, sd L, cl R CP / W ;

C - CP / W -

1-5 Vine 4 ; into Throwaway ; Link Rock ~ Right Turning Fallaway ; ; ;

- 1234 {Vine 4} (CP / W) Sd L, XRIBL, sd L, XRIFL ;
1a2 3a4 {into Throwaway} (CP / W) small fwd L/cl R fwd L lead W to trn LF, small bk R/L, R,
(fwd R/L, R trng LF to fc man, sml bk L/R, L) Lop Fcg / LOD) ;
12 3a4 5a6 {Link Rock fc wall} (Lop Fcg / LOD) Rk bk L, rec R, tog fwd L/R, L to CP comm RF turn ;
Tng RF 1/4 sd R/L, R,
12 3a4 5a6 {Right Turning Fallaway} (CP / W) Rk bk L SCP, rec R to CP, trng RF 1/4 sd L/R, L;
trng RF 1/4 sd R/L, R ;

6-8 Right Turning Fallaway ~ Rock to Point Steps 2 ; ; ;

- 12 3a4 5a6 {Right Turning Fallaway} (CP / COH) Rk bk L SCP, rec R to CP;
trng RF 1/4 sd L/R, L ; trng RF 1/4 sd R/L, R, CP / W
12 3456 {Rock to Point Steps 2} (CP / W) Rk bk L to SCP, rec R CP ; Pnt L, fwd L, pnt R, fwd R fc CP ;

repeat B

repeat A (1-8)

End - Lop Fcg / W -

1-6 Back Vine 4 ; Fallaway Rock ~ Jive Walks ; ; ; Point Steps 2 ; Point and hold ;

- 1234 {Back Vine 4} (Lop Fcg / W) XLIBR, sd R, XLIFR, sd R ;
12 3a4 5a6 {Fallaway Rock} (Lop Fcg / COH) Rk bk L SCP, rec R CP, sd L/R, L to CP ; Sd R/L, R,
12 3a4 5a6 {Jive Walks} (CP / W) Rk bk L SCP, rec R ; Fwd L/R, L, fwd R/L, R SCP ;
- 2 - 4 {Point Steps 2} (SCP) point L down line, fwd L, point R down line, fwd R ;
1 - - - {Point and hold} (SCP) point L down line, - , - , - ;

THE HEAT IS ON

Pg 4

4 + 1 + 1 Jive

Stop and Go, Shuffling Doors

spd - 36.9 (-18% in DM)

Seq - Intro , A, Intr 1, B , A (1-8), Intr 2 , C B , A (1-8) , End

Intro - BFLY / W - Wait 2 ; ; Sailor Shuffles ; Change of Places ; ; ;
Rock Rec Side Close CP ; Jive Chasse ;

A - CP / W - Fallaway Throwaway shake hands ; , , Triple Wheel w/ Lady Single Turn face line , ; ; , ,
Change Left to Right , ; ; Link ; to Continuous Chasse ;
Change Right to Left ; , , Change Left to Right ; Glide to the Side ;
Rock Rec Swivel 4 , ; ; Point Step 4 face ; ; Jive Chasse ;

Intr 1 - CP / W - Pretzel Turn ; ; ; Rock Rec Side Close ;

B - CP / W - Side Tap Right Chasse ; Change Right to Left ; , , Stop and Go ; ;
Sole Tap , ; ; Shuffling Doors ; ; Change Left to Right ; Glide to the Side CP ;

A (1-8) - CP / W - Fallaway Throwaway shake hands ; , ,
Triple Wheel w/ Lady Single Turn face line ; ; ;
Change Left to Right , ; ; Link ; to Continuous Chasse ;

Intr 2 - BFLY - Back Vine 4 ; Pretzel Turn ; ; ; Rock Rec Side Close ;

C - CP / W - Vine 4 ; into Throwaway ; Link Rock ; , ,
Right Turning Fallaway twice ; ; ; Rock to Point Steps 2 , ; ;

B - CP / W - Side Tap Right Chasse ; Change Right to Left ; , , Stop and Go ; ;
Sole Tap , ; ; Shuffling Doors ; ; Change Left to Right ; Glide to the Side CP ;

A (1-8) - CP / W - Fallaway Throwaway shake hands ; , ,
Triple Wheel w/ Lady Single Turn Face Line ; ; ;
Change Left to Right , ; ; Link ; to Continuous Chasse ;

End - Lop Fcg / W - Back Vine 4 ; Fallaway Rock ~ Jive Walks ; ; ;
Point Steps 2 ; Point and hold ;