

# Heavy Rotation

Intermediate Plus – Pop – Up Tempo (136 BPM)

Music By: Anastacia, Heavy Rotation CD (released 2/09), Track # 5 (3:25)

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Adapted according to ECTA terminology by Daphne Panter ([panter.daphne@gmail.com](mailto:panter.daphne@gmail.com))

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(w) DT BA(xib) (1/4L) S DS BR UP/SL (1/4L) DS RS  
L RL R L L R L R R L R LR  
&1 &2 & 3e & 4 &5 & 6 &7 &8

\*\*\*Repeat "Sally Ann" as written to face front\*\*\*

**Part A:** 64 Beats

**Buttermilk Churn & Joey** DS S(xib) DS RS DS BA(xib) BA(ots) BA(ots) BA(xib) BA(ots) S(ots)  
L R L RL R L R L R L R  
&1 2 &3 &4 &5 & 6 & 7 & 8

**Laura's Bounce** S DS(xif) S(ots) S(xib)BO S/H (Pause) UP/SL DS RS SLR(1/2R) UP/H  
L R L R both L R R L R LR L L R  
1 &2 & 3 & 4 & 5 &6 &7 & 8

**Buttermilk Churn & Joey** DS S(xib) DS RS DS BA(xib) BA(ots) BA(ots) BA(xib) BA(ots) S(ots)  
L R L RL R L R R L R L R

**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) SLR S(xib) S(ots) S DT BA(heels out) CLK(H) Drop(H) RS  
L L R R R L R R L R L both both R LR  
&1 & a 2 & 3 & 4 & 5 & 6 & 7 &8

**Mountain Goat Turn** DS R(xif) S R(ots) S BA(ib) SL DT BO HOP S T BA(1/2R) H S SK HOP SLP S  
L R L R L R R L both R L R R L L R L R R  
&1 & 2 & 3 & 4 &a 5 & 6 e & a 7 e & a 8

**Bella Click** DS HOP H(xif) S HOP S(ots) SLR S(xib) S(ots) S DT BA(heels out) CLK(H) Drop(H) RS  
L L R R R L R R L R L both both R LR

**Mountain Goat Turn** DS R(xif) S R(ots) S BA(ib) SL DT BO HOP S T BA(1/2R) H S SK HOP SLP S  
L R L R L R R L both R L R R L L R L R R

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

## Heavy Rotation (continued)

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)

### **Part B:** 32 Beats

**Spin Cycle** DS DT BA(xif)S DS DT BA(xif)S DS DT BA(xif)S DT BA(unx) S DT BA(xif)S  
L R R L R L L R L R R L R R L R R L  
&1 e& a 2 &3 e& a 4 &5 e& a 6 e& a 7 e& a 8

**Turkey Rotation** H(ots/w) FLP S(xib)DS RS BA(xif) PVT (1/2R) H-Drop H-Drop (brush L shoulder  
R R L R LR L -----both----- then R on H-Drops)  
1 & 2 &3 &4 5 6 7 8

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

### **Part C:** 32 Beats

**Bring It Back Drags** (diagonally L) |1/8 R|\* |-----5/8 L-----| |--move backward--|  
H S T(b) S H S BR UP/SL DS DR RS DR RS  
L L R R L L R R L R R LR R LR  
& 1 & 2 & 3 & 4 &5 & 6& 7 &8

**Triple Brush** DS DS DS BR UP/H (diag. forward, turn 3/8 L on BR to face front)  
L R L R R L  
&1 &2 &3 & 4

**Hard Step** DT(b) H BR UP/H DS RS  
R L R R L R LR  
& 1 & 2 &3 &4

\*\*\*Repeat “Bring It Back Drags, Triple Brush & Hard Step” as written\*\*\* BUT:

- Move diag. R on “Bring It Back Drags” & turn 3/8 R on “Triple Brush” to face front.

(\*Note: 1/8 R from the respective diagonal: face front on 1<sup>st</sup>, face right wall on 2<sup>nd</sup>)

### **Break:** 32 Beats

**Shane’s Cha Cha Mixer** S(if) PVT (1/4 R) S S RS S(if) PVT (1/2 L) S S RS  
L both R L RL R both L R LR  
1 & 2 3 &4 5 & 6 7 &8

\*\*\*Repeat “Shane’s Cha Cha Mixer” 3 times as written to face all walls & end to front\*\*\*

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More Information Contact:

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