

A Tender Heart

Count: 56

Wand: 4

Ebene: Intermediate

Choreograf/in: Eva Pau (CAN) - October 2017

Musik: Tender Heart - Lionel Richie



S1: CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, ½ L FWD LOCK STEP

1-2 3&4 Cross rock R over L, recover to L, side shuffle R L R (12:00)

5-6 7&8 Cross rock L over R, recover to R, ½ L fwd lock step L R L (6:00)

S2: FWD ROCK, BACK LOCK STEP, BACK ROCK, ¼ R, FWD LOCK STEP

1-2 3&4 Rock R fwd, recover to L, back lock step R L R (6:00)

5-6 7&8 Rock L back, recover to R, ¼ R fwd lock step L R L (9:00)

S3: WALK WALK, FWD LOCK STEP, FWD ROCK, ¼ L, SIDE SHUFFLE

1-2 3&4 Walk fwd R L, fwd lock step R L R (9:00)

5-6 7&8 Rock L fwd, recover to R, side shuffle L R L (6:00)

S4: ROCKING CHAIR, ½ R JAZZ BOX

1-4 Rock R fwd, recover to L, rock R back, recover to L (6:00)

5-8 Cross R over L, step L back ¼ R, step R to R ¼ R, step L fwd (12:00)

Restart here at 5th wall (12:00)

S5: SIDE, HOLD, TOGETHER, SIDE, TOUCH (R & L)

1-2&3-4 Step R to R, hold, step L together, step R to R, touch L together (12:00)

5-6&7-8 Step L to L, hold, step R together, step L to L, touch R together (12:00)

S6: STEP ½ R, RONDE, CROSS SHUFFLE, ¼ L PADDLE TURN X 2

1-2 3&4 Step R fwd ½ R, sweep L from back to front, cross shuffle L R L (6:00)

5-8 Press R fwd, ¼ L on ball of L X 2 (12:00)

S7: ¼ L SIDE TOGETHER, SIDE SHUFFLE, FWD ROCK, ½ L LOCK STEP

1-2 3&4 Step R to R ¼ L, step L together, side shuffle R L R (9:00)

5-6 7&8 Rock L fwd, recover to R, ½ L lock step L R L (3:00)

TAG – To be done at the end of walls 2nd (6:00), 4th (12:00), 6th (3:00 – 1-4 count only) &7th (6:00)

ROCKING CHAIR, SWAYS

1-4 Rock R fwd, recover to L, rock R back, recover to L

5-8 Sways R L R L
