My Heart Loves Nightclub 2 Step (P)



Count: 40 Wand: 0 Ebene: Partner

Choreograf/in: Ike Po (USA) & Virginia Po (USA)

Musik: I Cross My Heart - George Strait



Position: Couple in closed position. Man on the inside track facing OLOD, Lady on the outside track facing

MAN'S FOOTWORK:

SIDE STEP, ROCK STEP, SIDE STEP, ROCK STEP, SIDE STEP, ROCK STEP, ROCK STEP, Face OLOD

1 Slide/step left to side

2& Cross/rock right behind left, recover onto left

3 Slide/step right to side

4& Cross/rock left behind right, recover onto right

5 Slide/step left to side

6& Cross/rock right behind left, recover onto left

Left hand raises lady's right. Turn lady to outside turn

7 Slide/step right to side

8& Cross/rock left behind right, recover onto right

1/4 TURN LEFT, STEP, WALK, WALK, WALK, ROCK FORWARD RECOVER, 1/2 TURN STEP, ROCK FORWARD RECOVER, 1/2 TURN STEP, ROCK FORWARD RECOVER

1 Turn ¼ left and step left forward (LOD)

Bring lady slightly to man's left

2&3 Step right forward, step left forward, step right forward

Face LOD at outside track, left hand raises lady's right. Turn lady 1-1/2 to the left inside turn

4& Rock left forward, recover onto right

Left hand holds lady's right & prep forward

5 Turn ½ left and step left forward (RLOD)

Hand change picks up lady's left

6& Rock right forward, recover onto left

Right hand holds lady's left & prep forward

7 Turn ½ right and step right forward (LOD)

Hand change picks up lady's right

8& Rock left forward, recover onto right

Left hand holds lady's right & prep forward

STEP, TRIPLE STEP, ROCK STEP, STEP, 34 TURN WALK, ROCK STEP

1 Step left back

2&3 Triple in place right, left, right

Left hand raises lady's right, turn lady full turn to the right in an outside turn

4&5 Rock left back, recover onto right, step left diagonally forward

On count 5, left hand pulls lady's right hand toward him; press right palm against lady's right wrist & push through toward her right

6&7 (Make a curving walk turning ¾ left) step right fwd, step left forward, step right to side

Moving toward RLOD and facing OLOD at inside track

8& Cross/rock left behind right, recover onto right

On count 7, right hand goes under lady's left arm shoulder blade; bring lady to face to man; left hand rejoins lady's right while lady's left hand is sliding down man's right arm & rejoins his right hand

1/4 TURN LEFT, STEP, DIAGONAL STEP CROSS STEP, DIAGONAL STEP CROSS STEP, DIAGONAL STEP CROSS STEP, ROCK STEP

1 Turn ¼ left and step left forward (LOD)

Partners hold hands right to left, left to right while traveling diagonally

Step right diagonally forward, cross left over right, step right diagonally forward
 Step left diagonally forward, cross right over left, step left diagonally forward
 Step right diagonally forward, cross left over right, step right diagonally forward

8& Rock left back, recover onto right

STEP, 34 TURN WALK, ROCK STEP, SIDE STEP, ROCK STEP, SIDE STEP, ROCK STEP

1 Step left diagonally forward (face LOD)

Left hand pulls lady's right hand toward him; press right palm against lady's right wrist & push through toward her right

2&3 (Make a curving walk turning ¾ left) step right fwd, step left forward, step right to side Moving toward RLOD & facing OLOD at inside track. On count 3, left hand rejoins lady's right, right rejoins lady's left

4& Rock left back, recover onto right

5 Slide/step left to side

6& Cross/rock right behind left, recover onto left Man left hand raises lady's right, turn lady to outside turn

7 Slide/step right to side

Back to closed position

8& Cross/rock left behind right, recover onto right

LADY'S FOOTWORK:

SIDE STEP, ROCK STEP, SIDE STEP, ROCK STEP, ¼ TURN STEP, STEP ½ PIVOT TURN, ¼ TURN STEP, ROCK STEP

Face ILOD

1 Slide/step right to side

2& Cross/rock left behind right, recover onto right

3 Slide/step left to side

4& Cross/rock right behind left, recover onto left

5 Turn ¼ right and step right forward

6& Step left forward, turn ½ right (weight to right)

Weight on right foot; raise right hand

7 Turn ¼ right and slide/step left to side

8& Cross/rock right behind left, recover onto left

1/4 TURN, LEFT STEP, 1-1/2 TRIPLE TURN, ROCK FORWARD RECOVER, 1/2 TURN STEP, ROCK FORWARD RECOVER, 1/2 TURN STEP, ROCK FORWARD RECOVER

1 Turn ¼ left and step right back (face RLOD)

2&3 Shuffle forward turning 1 ½ left and step left, right, left

Face LOD at inside track

4& Rock right forward, recover onto left

Right hand holds man's left & prep forward

5 Turn ½ right and step right forward

Face RLOD. Left hand picks up man's right

6& Rock left forward, recover onto right

Left hand hold man's right & prep forward

7 Turn ½ left and step left forward

Face LOD. Right hand picks up man's left

8& Rock right forward, recover onto left

Right hand holds man's left & prep forward

1/2 TURN, STEP, FULL TURN TRIPLE STEP, ROCK STEP, STEP, 1-1/4 TURN STEP, ROCK STEP, 1/4 TURN LEFT

1 Turn ½ right and step right forward (RLOD)

2&3 Triple in place turning a full turn right stepping left, right, left

4&5 Rock right back, recover onto left, step right forward

Angle right

6&7 Shuffle side turning 1 ¼ right and step left, right, left Traveling turn toward RLOD, ending at outside track facing ILOD 8& Cross/rock right behind left, recover onto left

STEP, DIAGONAL STEP CROSS STEP, DIAGONAL STEP CROSS STEP, DIAGONAL STEP CROSS STEP, ROCK STEP

1 Turn ¼ left and step right back

Face RLOD. Left hand slides down man's right arm & rejoins man's right hand, right hand rejoins man's left. Traveling diagonally back

Step left diagonally back, cross right over left, step left diagonally back
 Step right diagonally back, cross left over right, step right diagonally back
 Step left diagonally back, cross right over left, step left diagonally back

8& Rock right back, recover onto left

STEP, 1-1/4 TURN STEP, ROCK STEP, 1/4 TURN STEP, STEP 1/2 PIVOT TURN, ROCK STEP

1 Step right forward

Angle right. Face RLOD

2&3 Shuffle side turning 1 ¼ right and step left, right, left

Traveling turn toward RLOD, ending at outside track facing ILOD, lady rejoins both hands with man

4& Rock right back, recover onto left
5 Turn ¼ right and step right forward

6& Step left forward, turn ½ right (weight to right)

Weight on right foot; raise right hand

7 Turn ¼ right and slide/step left to side

Face ILOD. Back to closed position

8& Cross/rock right behind left, recover onto left

REPEAT