

Heal Me

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Marie-Aimé Le Barillec (FR) - June 2011

Musik: Heal Me by Zac Harry



Start dancing on lyrics

RIGHT SIDE SHUFFLE, LEFT ROCK BACK, LEFT SIDE SHUFFLE, RIGHT ROCK BACK

- 1&2 Chassé side right, left, right (weight to right)
- 3-4 Rock left back, recover to right
- 5&6 Chassé side left, right, left (weight to left)
- 7-8 Rock right back, recover to left

RIGHT KICK BALL CROSS TWICE, TOE SWITCHES, LEFT FORWARD, 1/2 RIGHT TURN

- 1&2 Kick right forward, step right together, cross left over right (weight to left)
- 3&4 Kick right forward, step right together, cross left over right (weight to left)
- 5& Touch toe right to side, step right together (weight to right)
- 6& Touch toe left to side, step left together (weight to left)
- 7-8 Step left forward, turn 1/2 right (weight to right, 6:00)

RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, RIGHT COASTER STEP FORWARD, LEFT COASTER STEP BACK

- 1&2 Chassé forward right, left, right (weight to right)
- 3&4 Chassé forward left, right, left (weight to left)
- 5&6 Step right forward, step left together, step right back (weight to right)
- 7&8 Step left back, step right together, step left forward (weight to left)

RIGHT ROCKING CHAIR FORWARD AND BACK, 1/4 RIGHT JAZZ BOX BALL CROSS

- 1-2 Rock right forward, recover to left
- 3-4 Rock right back, recover to left
- 5-6-7-8 Cross right overt left, step left back, turn 1/4 right and step right to side, cross left over right (weight to left, 9:00)

REPEAT

RESTART: during 10th wall (you'll start facing 9:00), after 16 counts ; restart facing 3:00

FINAL: After 12th wall, Finish facing 12:00, add the following :-

1/4 RIGHT JAZZ BOX

- 1-2-3-4 Cross right overt left, step left back, turn 1/4 right and step right to side, close left beside right (12:00)

HAVE FUN