

# Pure Harmony

Compte: 172

Mur: 1

Niveau:

Chorégraphe: Ty Barton (AUS)

Musique: You Could've Heard a Heartbreak - Daron Norwood



- 1 Stomp right-left in place
- 2 Jump kick right out to right side landing on left

## SAILOR STEP

- 3-4 Cross right behind left, step ball of left foot to left side, step right foot slightly to right

## COASTER STEP

- 5-6 Step back onto left, bring right next to left, step forward on left
- 7-8 Rock forward onto right, rock back onto left
- 9-10 Shuffle back right-left-right turning ½ turn to right
- 11-12 Shuffle forward left-right-left turning ½ turn to right
- 13-14 Rock back onto right, rock forward onto left
- 15-16 Stomp right foot forward, clap
- 17-18 Step forward onto left and pivot ¼ turn right
- 19-20 Stomp left foot forward, clap
- 21-22 Touch right toe forward with heel raised, drop heel, slap right thigh with right hand with a downward motion
- 23-24 Touch left toe forward with heel raised, drop heel, slap right thigh with right hand with an upward motion (looking over left shoulder towards front each time)

## HEEL BALL CHANGES

- 25 Touch right heel across in front of left foot
- 26 Bring right together and step left to left side
- 27 Touch right heel across in front of left foot
- 28 Bring right together and step left to left side turning ¼ turn to left
- 29-30 Step forward onto right and pivot ¾ turn to left
- 31-32 Shuffle right-left-right sideways to the right

## HEEL BALL CHANGES

- 33 Touch left heel across in front of right foot
- 34 Bring left together and step right to right side
- 35 Touch left heel across in front of right foot
- 36 Bring left together and step right to right side turning ¼ turn to right
- 37-38 Step forward onto left and pivot ½ turn right
- 39-40 Shuffle forward left-right-left
- 41-42 Touch right toe forward with heel raised, stomp right foot forward
- 43-44 Touch left toe forward with heel raised, stomp left foot forward
- 45-46 Kick right foot forward twice
- 47-48 Rock back onto right, rock forward onto left
- 49 Stomp right foot beside left

- 50 Rock back onto right, step left in place  
 51-52 Step forward onto right and pivot ½ turn left  
 53-54 Shuffle forward at 45 degrees right, right-left-right  
 55-56 Shuffle forward at 45 degrees left, left-right-left
- 57-60 Vine right-left-right to right, touching left beside right with a clap  
 61-64 Vine left-right-left to left turning 1-½ turns, (ending with right foot following)
- 65-68 Bump hips forward, back, the forward twice
- 69-72 Bump hips back, forward, then back twice(weight on left)  
 73-74 Cross right toe over left with right heel raised, then turn ¼ turn to left (keeping right heel raised and weight on left)
- 75 Slide right back dropping right heel, pushing left knee forward, raising left heel  
 76 Slide left back dropping left heel, pushing right knee forward, raising right heel  
 77 Slide right back dropping right heel, pushing left knee forward, raising left heel  
 78 Slide left back dropping left heel, pushing right knee forward, raising right heel
- 79-80 Rock back onto right, rock forward onto left  
 81-82 Shuffle forward right-left-right turning ½ turn left  
 83-84 Shuffle back left-right-left turning ½ turn left  
 85-86 Rock forward on right, rock back on left  
 87-88 Step back on right and raise left toe at same time, clap

## **JUMPING BACKWARDS**

- 89 Bring left together and touch right heel forward  
 90 Bring right together and touch left heel forward  
 91 Bring left together and touch right heel forward  
 92 Brush right foot up to left knee
- 93-94 Shuffle forward right-left-right at 45 degrees to right  
 95-96 Shuffle forward left-right-left at 45 degrees to left  
 97-100 Vine right turning ¼ turn to right, bring left next to right  
 101-102 Split heels apart, toes apart  
 103-104 Tap heels twice
- 105-108 Bump hips right, left, right twice (weight on right)  
 109-110 Cross left over right, step right to right side  
 111 Cross left over right  
 112 Step right to right side, cross left over right (shuffle step)
- 113-114 Rock on right to right side, rock on left in place  
 115 Cross right over left  
 116 Step left to left side, cross right over left
- 117-118 Touch left toe to side with heel raised, click fingers of right hand at right shoulder and drop left heel (start bringing right hand across body)  
 119-120 Touch right toe across left with heel raised, clicking fingers of right hand at left shoulder
- 121-122 Step forward on left and pivot ½ turn right  
 123-124 Step forward on left at 45 degrees to left, lock right behind left  
 125-126 Shuffle forward left-right-left at 45 degrees to left

- 127-128 Step forward on right and pivot  $\frac{3}{4}$  turn left (to face front)
- 129-132 Step forward on right, lock left behind right step forward on right, stomp left beside right
- 133-134 Right kick ball change
- 135-136 Step forward on right, pivot  $\frac{1}{4}$  turn left
- 137-138 Right kick ball change
- 139-140 Step forward on right, pivot  $\frac{1}{4}$  turn left
- 141-142 Step forward on right, pivot  $\frac{1}{4}$  turn left (rolling hips to the left)
- 143-144 Step forward on right, pivot  $\frac{1}{4}$  turn left (rolling hips to the left)
- 145-148 Step right to right side, step left behind right, step right to right side, step left across in front of right
- 149-150 Touch right toe to right side, cross right over left
- 151-152 Touch left toe to left side, turn  $\frac{1}{4}$  turn to left (keeping weight on right)
- 153-154 Bring right together (with right foot at 45 degrees to back of left) then step left forward, hold
- 155-156 Bring right together (with right foot at 45 degrees to back of left) then step left forward, hold
- 157 Bring right together (with right foot at 45 degrees to back of left) then step left forward
- 158 Bring right together (with right foot at 45 degrees to back of left) then step left forward
- 159-160 Stomp right beside left twice
- 161-162 Rock back on right, rock forward on left
- 163-164 Kick right foot forward twice
- 165-166 Turn  $\frac{1}{4}$  turn right and shuffle right-left-right sideways to right
- 167-168 Rock back on left, rock forward on right
- 169-172 Step forward on left, slide right beside left, step forward on left, clap

**REPEAT**

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