

Heart Day Hustle

Compte: 28

Mur: 0

Niveau:

Chorégraphe: Coast Country Dance Club

Musique: Bad Heart Day - Rick Tippe



The song starts with 7 cracking whip snaps. The dance starts with your left heel forward on the floor. With each crack of the whip you touch your heel forward alternating between your left & right. On the first crack of the whip the left heel is touched forward, left foot returns beside right, second crack of the whip the right heel is touched forward, then right foot returns beside left & so on. On the seventh whip snap the left heel has touched forward & returns beside right then stomp your right foot once & begin dance.

SIDE TOUCH AND SLAP COMBINATION ON THE RIGHT FOOT

- 1-2 Right toe touches to the right side. Weight on left, right foot slap with left hand in front
- 3-4 Right toe touches to right side. Right foot slap with left hand behind your leg
- 5-6 Right toe touches to the right side. Right foot returns beside left
- 7-8 Right foot jumps sideways to the right with left foot following. Left foot lands beside right with a click or stomp of the heel

SIDE TOUCH AND SLAP COMBINATION ON THE LEFT FOOT

- 9-10 Left toe touches to the left side. Weight on right, left foot slap with right hand in front
- 11-12 Left toe touches to the left side. Left foot slap with the right hand behind your leg
- 13-14 Left toe touches to the left side. Left foot returns beside right
- 15 Left foot jumps sideways to the left with right foot following
- 16 Right foot lands beside left foot with a click or stomp of the heel

TWO REVERSE PIVOT TURNS

- 17-18 Right heel touches forward. Right foot steps back
- 19-20 Left foot touches back. Pivot to the left with weight on the ball of your right foot
- 21-22 Right heel touches forward. Right foot steps back
- 23-24 Left foot touches back. Pivot to the left with weight on the ball of your right foot

SCUFF AND HOP FINISH

- 25 Weight on left, scuff right foot pivoting on the ball of your left foot ¼ turn to the left
- 26 Step down on the right foot facing your new wall
- 27 Left foot jumps sideways to the left with right foot following
- 28 Right foot lands beside the left with a click or stomp of the right heel

REPEAT
