

Cardiology

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Gary Lafferty (UK) - February 2015
音乐: Un-Break My Heart (feat. Tasmin) (Almighty Essential Radio Edit) - Déjà Vu :
(Album: Almighty Presents: Get To You: This is The Last Time, the Radio Edit
Collection - iTunes)



Music Info: 130 bpm ... 32-count intro ... track length = 4:09

S1: KICK, KICK, CHA-CHA-CHA; LEFT FORWARD ROCK, RECOVER, TRIPLE ½ TURN

1-2 Kick Right forward twice
3&4 Step on Right foot beside Left, step on Left foot in place, step on Right foot in place
5-6 Rock forward on Left foot, recover weight back onto Right foot
7&8 Shuffle back on Left-Right-Left making ½ turn over Left shoulder

S2: ROCK FORWARD, RECOVER, ¼ TURN, POINT; TRAVELLING MONTEREY TURNS

1-2 Rock forward on Right foot, recover weight back onto Left foot
3-4 Turn ¼ Right stepping to Right side on Right foot, point Left foot out to Left side
5-6 Turn ¼ Left stepping down onto Left foot, turn ¼ Left on ball of Left foot pointing Right foot out to Right side
7-8 Turn ¼ Right stepping down onto Right foot, turn ¼ Right on ball of Right foot pointing Left foot out to Left side

S3: LEFT SIDE-SHUFFLE. ROCK BACK, RECOVER; ¾ TURN, RIGHT SHUFFLE FORWARD

1&2 Step to Left on Left foot, step on Right foot beside Left, step to Left on Left foot
3-4 Rock back on Right foot, recover weight onto Left foot
5-6 Turn ¼ Left stepping back onto Right foot, turn ½ Left stepping forward onto Left foot
7&8 Step forward on Right foot, step on Left foot beside Right, step forward on Right foot

S4: SYNCOPATED ROCK FORWARD & BACK; RIGHT JAZZBOX with ¼ TURN RIGHT & TOUCH

1-2& Rock forward on Left foot, recover weight back onto Right foot, step on Left foot beside Right
3-4 Rock back on Right foot, recover weight onto Left foot
5-6 Cross-step Right foot over Left, step back on Left foot
7-8 Turn ¼ Right stepping to Right side on Right foot, touch Left foot beside Right (angling body to Right prepping for the turn)

S5: FULL ROLLING TURN to LEFT with TOUCH; RIGHT SHUFFLE ¼ TURN, STEP FORWARD, ½ TURN

1-2 Turn ¼ Left stepping forward onto Left foot, turn ½ Left stepping back onto Right foot
3-4 Turn ¼ Left stepping Left foot out to Left side, touch Right foot beside Left
5&6 Turn ¼ Right stepping forward onto Right foot, step on Left foot beside Right, step forward on Right foot
7-8 Step forward on Left foot, pivot ½ turn to Right

S6: STEP FORWARD, KICK, BACK, TOUCH; ½ TURN, KICK, BACK, TOUCH

1-2 Step forward on Left foot, kick Right foot forward
3-4 Step back on Right foot, touch Left foot back
5-6 Unwind ½ turn Left placing weight onto Left foot, kick Right foot forward
7-8 Step back on Right foot, touch Left foot beside Right

S7: STEP, LOCK & HEEL-BALL-CROSS; ¼ TURN, ¼ TURN (**), RIGHT SHUFFLE FORWARD

1-2& Step forward on Left foot slightly to Left diagonal, lock-step Right foot behind Left, step forward on Left foot slightly to Left diagonal

- 3&4 Touch Right heel forward to Right diagonal, step down onto Right foot, cross-step Left foot over Right
- 5 Turn ¼ Left stepping back onto Right
- 6 Turn ¼ Left stepping forward onto Left foot (** on walls 4 & 8, make this a ½ turn to face 12 o'clock wall)
- 7&8 Step forward on Right foot, step on Left foot beside Right, step forward on Right foot

S8:ROCK FORWARD, RECOVER, LEFT COASTER STEP; () 1/8 TURN, 1/8 TURN**

- 1-2 Rock forward on Left foot, recover weight back onto Right foot
- 3&4 Step back on Left foot, step on Right foot beside Left, step forward on Left foot
- (**)**□On wall 4, Restart the dance facing 12 o'clock. On wall 8, do the Ending
- 5-6 Step forward on Right foot, pivot 1/8 turn to Left
- 7-8 Step forward on Right foot, pivot 1/8 turn to Left

START AGAIN!

THE ENDING on wall 8 facing 12 o'clock

- 1-4 Rock forward on Right foot, recover weight back onto Left, rock back on Right foot, recover weight onto Left foot
- 5 Take a large slide step forward on Right foot – ta dah!

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