

My Tender Heart

COPPER KNOB
BYEFOOTSTEPS

拍数: 64 墙数: 4
编舞者: Evonne Ng (MY) - May 2015
音乐: Tender Heart - Lionel Richie

级数: Intermediate / Advanced Rumba



Sequence: 56, 64, 56, 64, 32(Last 2 counts 8 n : step L to L1/4 turn L , step R beside L , Restart) , 56 , Tag (4 counts), 64 & 13 counts (ending)

Intro: 8 Counts (Count From Strong Beat)

(1-9)□□Step Left , Rock Back Recover Forward , Pivot 1/2 Turn Forward

12345 Step L To L side , step R back , recover weight on L , step forward R , hold

6781 Step L forward , step R forward make a 1/2 turn R , step L forward , hold

(10-17)□□Side Rock Cross R And L

2345 Rock R to R side , recover weight on L , cross R over L , hold

6781 Rock L to L side , recover weight on R , cross L over R , hold

(18-25)□□Pivot 1/2 L , Step And Sweep , coaster step 1/4 Turn R

2345 Step R forward , step L forward , step R forward Make a 1/2 turn L , Sweep on L 1/2 turn L from front to back

6781 Step L back , step R beside L , step L forward 1/4 turn R , hold

(26-33)□□Fan Development , Rock Recover 1/2 Turn R , Rock Recover 1/4 Turn L

2345 Step R forward 1/4 turn L , recover weight on L , step R forward 1/2 turn R , hold

6781 Step L forward , recover weight on R , step L to L side 1/4 turn L , hold

(34-41)□□Walk Walk Forward R L R

2345 Step forward R , L , R , hold

6781 Step L forward , sweep on R 1/2 turn R from front to back , step back R , step L beside R , hold

(42-49)□□Cross Walk Walk R L R , Cross Back Together

2345 Cross R over L , Cross L over R , cross R over L , hold

6781 Cross L over R , step R back 1/4 turn L , step L beside R , hold

(50-57)□□Cross Side Cross Touch , Drag

2345 Cross R over L , step L to L side , cross R over L , touch L to L side 1/4 turn R

6781 Drag L beside R , hold

(58-64)□□Pivot 1/2 R Forward , Touch Forward with Hip Roll Clockwise , Step R Beside L , Hold

2345 Step L forward , step R forward , make a 1/2 turn R , step L forward , hold

678 Touch R forward , hip roll with clockwise , step R beside L , hold

*Tag (4 Counts For Hip Roll L , R , L , R)

*Ending (2345 With Any Pose Facing 12.00)

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