

You Are The Song Within My Heart

COPPER KNOB
STEPPERS

拍数: 60 墙数: 4 级数: Phrased High Beginner
编舞者: Tina Chen Sue-Huei (TW) - October 2015
音乐: You Are The Song In My Heart (你是我心内的一首歌) (feat. Selina) - Wang Leehom (王力宏)



A:28counts B:32counts Tag:28counts

SOD: AABA Tag ABA

Start dance after 2x8

Tag (28 Counts)

TI. R Side Together Side Drag, Rocking Chair

1-4 Side step R, Together step L, Side step R, Drag along L on count 4
5-8 Fwd rock L, Recover on R, Back Rock L, Recover on R

TII. L Side Together Side Drag, Rocking Chair

1-4 Side step L, Together step R, Side step L, Drag along R on count 4
5-8 Fwd rock R, Recover on L, Back Rock R, Recover on L

TIII. Repeat Section TI.

TIV. Fwd ½ Pivot R, ½ R Touch

1-2 Fwd step L, ½ Pivot R step on R 6.00
3-4 ½ R step back L, Touch R beside L12.00

Main Dance

Part A (28 Counts)

AI. Sway RLR & Drag, Cross ¼ L, Side Cross

1-4 Sway RLR & Drag along L on count 4
5-6 Cross L over R, ¼ L Back step R9.00
7-8 Side step L, Cross R over

ALL. Side Recover Cross Side, Back Rock Recover, Fwd ¼ R ¼ R Toe Steps

1-4 Side rock L, Recover on R, Cross L over R, Side step R
5-6 Back rock L. Recover on R
7-8 ¼ R Fwd L toe touch. ¼ R Step down on L 3.00

ALII. ½ R ½ R Toe Steps, Back Rock Recover, On The Spot RL

1-2 ¼ R Fwd R toe touch, ¼ R Step down on R9.00
3-4 ¼ R Fwd L toe touch, ¼ R Step down on L3.00
5-6 Back rock R, Recover on L
7-8 Together step R, Together step L

AIV. ¼ R ¼ R Paddle Turn

1-2 Fwd step R, ¼ R, Fwd step R12.00
3-4 Fwd step R, ¼ R, Fwd step R9.00

Part B (32 Counts)

BI. Side Together Fwd Drag, Side Together Back Drag

1-4 Side step R, Together step L, Fwd step R, Drag along L (4)... 6.00
5-8 Side step L, Together step R, Back step L, Drag along R (8)

BII. Side Rock Cross Hold, ¼ R ½ R Fwd Touch

1-4 Side rock R, Recover on L, Cross R over L & Hold (4)

5-6 ¼ R Back step L, ½ R Fwd step R3.00
7-8 Fwd step L, Touch R beside L

BIII. Repeat Section BI.

BIV. (Fwd Side Point)*2, (Back Side Point)*2

1-4 Fwd step R, Side point L, Fwd step R, Side point L
5-8 Back step L, Side point R, Back step L, Side point R

Happy Dancing!

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