

Lion Heart

拍数: 64 墙数: 1 级数: Phrased Improver
编舞者: Meiske Pamaputera (INA) - December 2015
音乐: Lion Heart - Girls' Generation



Note : ; Choreographed specially for 13th anniversary of Sagita line dance, Dec 2015
Phrasing : A, A – 1st TAG - B,B -2nd TAG – A – 1st TAG – B.B - 2nd TAG - 2nd TAG - B, B, B, B

Intro : 16 counts

Part A ; 32 counts

S1. SWAY RIGHT. HOLD, SWAY LEFT, HOLD, SWAY RIGHT & LEFT , SWAY RIGHT HOLD

1-4 Sway Right to Right, hold, Sway Left to LEFT, hold. (Use body language)

5-8 Sway Right, Sway Left, Sway Right to Right, hold

S2; SWAY LEFT, HOLD, SWAY RIGHT, HOLD, SWAY LEFT & RIGHT, SWAY RIGHT, HOLD

1-4 Sway Left to Left , hold, Sway Right to Right, hold. (Use body language)

5-8 Sway Left, Sway Right, Sway Left to Left, hold

S3. ¼ TURN RIGHT STEP LOCK RIGHT, 1/ 2 TURN LEFT STEP LOCK LEFT

1-2 ¼ Turn Right step Right forward, Left lock behind Right, (03;00)

3-4 Right step forward, Left touch behind Right

5-6 ½ Turn Left step Left forward, Right lock behind Left, (09;00)

7-8 Left step forward, Right touch behind Left (09:00)

S4. 1/4 TURN RIGHT, 3 STEP BACK, SHAKE RIGHT HIP

1 – 4 ¼ Turn Right step Right forward, Step back Left, Right, Step back Left at the same time Right toe touch forward (12:00)

5-8 Shake Right hips forward 4 times (for style : both arms gradually go up)

***1ST TAG ; 20 COUNTS**

S1: STEP RIGHT DIAGONAL LEFT, LEFT RECOVER, TRIPLE STEP BACK , ¼ TURN LEFT, RECOVER RIGHT, TRIPLE STEP BACK

1-2 Step Right diagonal Left, Recover on Left, (10;30)

3&4 Step back slightly diagonal Right, Right Left, Right

5-6 ¼ Turn Left Step Left diagonal Right, Recover on Right (01:30)

7&8 Step back Left slightly diagonal Left, Left, Right, Left

S2: WALK FORWARD RIGHT, LEFT, RIGHT, BRUSH, WALK BACK LEFT, RIGHT, LEFT, BRUSH

1-4 Walk forward Right, Left, Right, Brush Left

5-8 Walk back Left, Right, Left, Brush Right

S3: 4 PADDLE TURN

1-4 Touch Right forward ¼ Turn Left, Touch Right forward ¼ Turn Left, Touch Right ¼ Turn Left, Touch Right forward ¼ Turn Left (12;00) AT

Part B; 32 counts

S1: VINE RIGHT ¼ TURN LEFT HEEL, STEP LOCK , TOUCH

1-4 Step Right to Right, Cross Left behind Right, Step Right to Right, ¼ Turn Left heel Left

5-8 Left heel down, Lock Right behind left, Step left forward, Touch Right (09:00)

S2: ½ TURN RIGHT STEP LOCK WALK BACK LEFT RIGHT, ¼ TURN LEFT, TOUCH

1-4 ½ Turn Right step R forward, Lock Left behind Right, Step Right forward, Touch Left (03:00)

5-8 Step back Left & Right, ¼ Turn Left, Touch Right (12;00)

S3: SHUFFLE FWD RIGHT, SHUFFLE FWD LEFT, FORWARD RIGHT, ½ TURN LEFT, RIGHT, LEFT

1&2 Step Right diagonal forward Right, Step Left next to Right, Step Right forward (01;30)

3&4 Step Left diagonal forward Left, Step Right next to Left, Step Left forward (10;30)

5-8 Right step forward, ½ Turn Left, step forward Right , Left (06:00)

S4: REPEAT S3

****2ND TAG; 16 COUNTS**

S1: 4 WALK BACK DIAGONAL

1-4 Right Step back diagonal Right, Hold, Left step further back diagonal Left, Hold

5-8 Right Step back diagonal Right, Hold, Left step further back diagonal Left, Hold

S2 ; 4 STEP FORWARD AT AN ANGLE, HOLD

1-4 Step forward Right , Hold, Step fwd Left, Hold (Turn body slightly at an angle when step fwd)

5-8 Step forward Right, Hold, Step forward Left, Hold

Start again.

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