

Lion Heart

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Lion Heart - Girls' Generation



S1: Slide, Touch, Slide, Touch, Walk Back R-L-R, Step Together

1-2 Step R big step forward to R diagonal, Touch L next to R
3-4 Step L big step forward to L diagonal, Touch R next to L
5-6 Step back on R, Swaying R hip to the right, Step back on L, Swaying L hip to the left
7-8 Step back on R, Swaying R hip to the right, Step L next to R, Swaying L hip to the left

S2: Slide, Touch, Slide, Touch, Walk Back R-L, Back Rock, Recover

1-2 Step R big step forward to R diagonal, Touch L next to R
3-4 Step L big step forward to L diagonal, Touch R next to L
5-6 Step back on R, Swaying R hip to the right, Step back on L, Swaying L hip to the left
7-8 Rock back on R, Recover on L

*** Restart: Wall 4 after 16 counts (facing 12 o'clock) ***

S3: Fwd Rock, Recover, 1/2 turn right, 1/4 turn right, Behind, 1/4 turn left, Step Fwd, Pivot 1/4 turn left

1-2 Rock forward on R, Recover on L
3-4 Make 1/2 turn right stepping forward on R, Make 1/4 turn right stepping L to left side
5-6 Step R behind L, Make 1/4 turn left stepping forward on L
7-8 Step forward on R, Pivot 1/4 turn left

S4: Cross, Back, Step Together, Cross, Point, Cross, 1/4 turn right, Step Together, Cross, Point

1-2& Cross R over L, Step L back and slightly left, Step R next to L
3-4 Cross L over R, Point R toe to R side
5-6& Cross R over L, Make 1/4 turn right stepping back on L, Step R next to L
7-8 Cross L over R, Point R toe to R side

S5: Cross, 1/4 turn right, 1/4 turn right, Point, 1/4 turn left, 1/2 turn left, 1/4 turn left, Touch

1-2 Cross R over L, Make 1/4 turn right stepping back on L
3-4 Make 1/4 turn right stepping R to right side, Point L toe to L side
5-6 Make 1/4 turn left stepping forward on L, Make 1/2 turn left stepping back on R
7-8 Make 1/4 turn left stepping L to left side, Touch R next to L

S6: Side, Together, Side, Together, Step Fwd, Side, Together, Back, Together, Cross

1-2 Step R to R side, Step L next to R
3&4 Step R to R side, Step L next to R, Step forward on R
5-6 Step L to L side, Step R next to L
7&8 Step back on L, Step R next to L, Cross L over R

S7: Side, Touch, Side, Touch, Side, Touch, Side, Touch

1-2 Step R to R side (dip down a little), Touch L to diagonal
3-4 Step L to L side (dip down a little), Touch R to diagonal

*** Restart: Wall 5 after 52 counts (facing 12 o'clock) ***

5-8 Repeat 1-4

S8: Hip Sway R-L-R-L, 1/4 turn left, 1/4 turn left

1-2 Sway to the R, Sway to the L
3-4 Sway to the R, Sway to the L
5-6 Make 1/4 turn left rocking R to R side, Recover on L

7-8 Make 1/4 turn left rocking R to R side, Recover on L

Tag (4 counts): Wall 2 after 16 counts (facing 6 o'clock)

Rocking Chair

1-2 Rock forward on R, Recover on L

3-4 Rock back on R, Recover on L

Restarts:-

Wall 4 after 16 counts (facing 12 o'clock)

Wall 5 after 52 counts (facing 12 o'clock)

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