

Can't Hold On To My Tender Heart

COPPER KNOB
STEPSHEETS

拍数: 64
编舞者: Evonne Ng (MY) - March 2016
音乐: Tender Heart - Lionel Richie

墙数: 4

级数: Intermediate / Advanced Rumba



Sequence : 56, 64, 56, 64, 32, 56, 4, 64, 16 (Ending)

(Dance starts as 2 wall but Restart turns it to a 4 wall)

Intro : 16 counts

(1-8) : Step together forward (x 2)

1 2 Step right foot to right side, step left foot beside right foot
3 4 Step right foot forward, hold
5 6 Step left foot to left side, step right foot beside left foot
7 8 Step left foot forward, hold

(9-16) : Rock recover back sweep, step left right ¼ turn right, forward hold

1 2 Step right forward, replace weight on left foot
3 4 Step right foot back, sweep on left foot from front to back
5 6 Step left foot back, step right foot beside left foot ¼ turn right
7 8 Step left foot forward, hold

(17-24) : Cucaracha right and left

1 2 Step right foot next to left foot, step left foot in place next to right foot
3 4 Step right foot to right side
5 6 Step left foot next to right foot, step right foot in place next to left foot
7 8 Step left foot to left side

(25-32) : Rock recover forward, forward left right ¾ turn left, step to left

1 2 Step right foot back, replace weight on left foot
3 4 Step right foot forward, hold
5 6 Step left foot forward, step right foot forward ¾ turn left
7 8 Step left foot to left side, hold

(33-40) : Step forward, ½ turn, back (x 2)

1 2 Step right foot forward, step left foot back ½ turn right
3 4 Step right foot back, hold
5 6 Step left foot forward, step right foot back ½ turn left
7 8 Step left foot back, hold

(41-48) : Cross walk right left right, cross, back ¼ turn left, back together

1 2 Cross right foot over left foot, cross left foot over right foot
3 4 Cross right foot over left foot, hold
5 6 Cross left foot over right foot, step right foot back ¼ turn left
7 8 Step left foot back, step right foot beside left foot

(49-56) : Walk walk left right left, walk walk right left right

1 2 Step left foot forward, step right foot forward
3 4 Step left foot forward ¼ turn left, hold
5 6 Step right foot forward, step left foot forward ¼ turn left
7 8 Step right foot forward, hold

(57-64): Pivot ½ turn right, step to left ¼ turn right, hip sway right left, touch

1 2 Step left foot forward, step right foot forward ½ turn right
3 4 Step left foot to left side ¼ turn right, hold
5 6 Hip sway to right side
7 8 Hip sway to left side, touch right foot beside left foot

*** Tag : 4 counts, hip sway to right and left side**

*** Restart : On walls 1, 3, 6, dance up to count 56,
Last count 8 (step left foot beside right foot then Restart)**

*** Restart : On wall 5, dance up to count 32 then Restart**

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