

If I Only Had A Heart

拍数: 64 墙数: 1 级数: High Intermediate
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音乐: Tin Man - Miranda Lambert : (iTunes)



Phrasing: Wall 1, Tag, Wall 2, Tag, Tag, Wall 3, Tag, Tag, Tag

S1: Walk, Walk, ¼ turn, Together, Cross, Side, Rock, Recover, ¼ turn, ¼ turn, Close.

1, 2 Walk forward right (1), Walk forward left (2)
3&4 ¼ turn left stepping right to right side (3), Step left next to right (&), Cross right over left (4)
5, 6 Step left foot to left (5), Rock back on right foot (6)
7, Recover on left foot (7)
8&1 ¼ turn left stepping back right foot (8) ¼ left stepping left to left side (&) Close right next to left, raising up onto tip toes. (1)

S2: ¼ turn, Step, Turn, Step, & Cross, Unwind, Cross & Point.

2, 3 ¼ turn left stepping left foot forward (2), Step right foot forward (3)
& 4 Pivot ½ turn over left (weight on left foot) (&), Step right foot forward (4)
& 5, 6 Step left foot forward (&), Cross right behind left (5), Unwind full turn sweeping left foot over right (6)
7 & 8 Step weight onto left (7), Step right foot to right side (&), Point left toe behind right foot (8)

S3: Slow unwind, Press, Coaster step, Step touch, 1 ½ triple turn.

1, 2, 3 Slow unwind over left shoulder (1, 2), Press weight forward onto left foot (3)
4 & 5 Step back on right foot (4), Step left foot next to right (&), Step forward on right foot (5)
6, 7 Step left to left diagonal (8 o'clock) (6), Touch right foot next to left foot (7)
8 & 1 Make ½ turn over right stepping right foot forward (8), Make ½ turn over right stepping left foot back (&), Make ½ turn over right stepping right foot forward (1) (2 o'clock)

S4: Walk, Walk, Step, Touch, 1 ½ triple turn, Run, Run.

2, 3 Step left foot forward (2), Step right foot forward (3) (2 o'clock)
4, 5 Step left foot forward (4), Touch right foot next to left foot (5) (2 o'clock)
6 & 7 Make ½ turn over right stepping right foot forward (6), Make ½ turn over right stepping left foot back (&) Make ½ turn over right stepping right foot forward hitching left knee (7) (8 o'clock)
8 & Run forward left (8), right (&) (8 o'clock)

S5: Rock, Recover, Rock, Recover, Sway, Recover & ½ turn left, Sway, Recover & ½ turn left.

1, 2 & Rock forward on left foot (1), Recover on right foot (2) (8 o'clock), 1/8 turn to left stepping left to left (&) (6 o'clock)
3, 4 Rock right over left (3), Recover on right foot (4)
5, 6 Rock right to right side swaying body (5), Recover on left foot pivoting ½ turn over left shoulder (6) (12 o'clock)
7, 8 Rock right to right side swaying body (7), Recover on left foot pivoting ½ turn over left shoulder (8) (6 o'clock)

S6: Sway, Recover, Cross shuffle, Sway, Recover, Cross shuffle.

1, 2 Rock right to right side swaying body (1), Recover on left foot (2) (6 o'clock)
3 & 4 Cross right over left (3), Step left to left (&), Cross right over left (4)
5, 6 Rock left to left side swaying body (5), Recover on right foot (6)
7 & 8 Cross left over right (7), Step right to right (&), Cross left over right (4)

S7: Walk, Walk, Triple Step, Cross, Unwind, Rock, Recover.

- 1, 2 Walking right, left, make $\frac{3}{4}$ turn over right shoulder starting a circle (1, 2) (3 o'clock)
- 3 & 4 Stepping right (3), Left (&), right (4) continuing circle over right shoulder (9 o'clock)
- 5, 6 Cross left over right (5), unwind full turn over right shoulder sweeping right behind left (6) (9 o'clock)
- 7, 8 Rock back on right foot (7), Recover on left foot (8)

S8: Shuffle, Step $\frac{1}{2}$ turn, Shuffle, Step $\frac{1}{4}$ turn.

- 1 & 2 Right shuffle forward – Right (1), left (&), right (2)
- 3, 4 Step forward on left foot (3), Pivot $\frac{1}{2}$ turn over right shoulder (4) (3 o'clock)
- 5 & 6 Left shuffle forward – Left (5), right (&), left (6)
- 7, 8 Step forward on right foot (7), Pivot $\frac{1}{4}$ turn over left shoulder weight ending on left foot (8) (12 o'clock)

Tag: Slow walks, Step, Turn, Step, Rock, Recover, Back shuffle, Together $\frac{1}{2}$ turn.

- 1, 2 Walk forward right crossing over left (1, 2)
- 3, 4 Walk forward left crossing over right (3, 4)
- 5, 6 Walk forward right crossing over left (5, 6)
- 7, 8 Walk forward left crossing over right (7, 8)

- 1 & 2 Step forward on right foot (1), Pivot $\frac{1}{2}$ turn over left shoulder (&), Step forward on right foot (2)
- 3, 4 Rock forward on left foot (3), Recover on right foot (4)
- 5 & 6 Back shuffle – Left (5), right (&), left (6)
- 7, 8 Point right foot back, make $\frac{1}{2}$ turn over right shoulder bringing feet together.

Happy Dancing

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