

Heartland

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hayley Wheatley (UK) - October 2017
音乐: Heartland - Tom Walker : (amazon)



Count In: 16 Counts

Restart on wall 3 following 8 counts, Tag Following Wall 6

S1: Step, Shuffle Fwd, Step, Knee Lift, Crossing Anchor Step, Side Step, Knee Pop With ¼ Turn, Replace Weight

1, 2&3 Step fwd onto RF, Shuffle fwd stepping L,R,L 12:00
&4 Step fwd onto RF, Lift L knee up slowly hitching toward 2:00
5&6 Cross LF over R, Replace weight onto RF, Replace weight onto LF 2:00
&7-8 Step RF to R side, Make ¼ turn L while popping LF fwd, Step weight onto LF (Restart Here on Wall 3 Facing 3:00) 9:00

S2: Step Fwd With Heel Lift, Chasse Left, Cross Rock, Recover, Diagonal Press, Recover, Jazz Box

1 Step fwd onto RF while allowing L heel to lift off ground 9:00
2&3 Chasse to L Stepping L,R, L 9:00
4&5& Cross Rock RF Over LF, Recover onto LF, Press RF Diagonally fwd to 10.30, Recover weight onto LF 9:00
6&7,8 Cross RF over LF, Step back onto LF, Step RF to R side, Touch L toe beside RF 9:00

S3: Step ¼ Turn, Rock forward, Recover, Step Back x2, Side Step Making ¼ Turn, Cross Step, Unwind Full Turn, Sweep, Behind Side Cross

1,2& Step fwd on LF making ¼ L, Rock fwd onto RF, Recover onto LF 6:00
3,4& Step back onto RF, Step back onto LF, Step RF to R side making ¼ turn R 9:00
5-6 Cross LF over RF, Unwind full turn R 9:00
7,8&1 Sweep RF out front to back, Step RF behind, Step LF to L side, Cross Step RF over L 9:00

S4: Side Rock, Recover, Modified Sailor Step, Side Rock, Recover, Step ¼ Turn, Close, (¼ Turn)

2-3 Rock LF to L side, Recover onto RF 9:00
4&5 Step LF behind RF, Step RF to R side, Step forward slightly on LF 9:00
6-7 Rock RF to R side, Recover onto LF 9:00
8& (n) Make ¼ turn R stepping RF to R side, Close LF beside RF, (Make another ¼ turn as you step into count 1 of the dance so that the dance restarts facing 3:00)

TAG: Step, Mambo Step, Rock Back Recover (Performed after Wall 6 Facing 12.00)

1 Step fwd onto RF 12:00
2&3 Rock fwd onto LF, Recover onto RF, Step Back onto LF 12:00
4& Rock back onto RF, Recover onto LF 12:00

Last Update - 23rd Feb. 2018