

Tender Heart

拍数: 64 墙数: 4 级数: Easy Intermediate
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音乐: Tender Heart - Lionel Richie



Intro: 16 counts

[1-8] ROCKING CHAIR, ROCK STEP, ½ TURNING CHASSE

1-4 Rock R back (1) Recover to L (2), Rock R forward (3) Recover to L (4)
5-6 Rock R back (5) Recover to L (6)
7,&,8 Turn ¼ left and Step R to side (7), Step L together R (&), Turn ¼ left and Step R back (8)

[9-16] STEP, STEP CROSS, SLIDE, ROCKING CHAIR

1,2 Step L back (1), Cross R front L (2)
3-4 Big Step L to side (3) and drag R together L; weight stay on L (4)
5-8 Rock R back (5) Recover to L (6), Rock R forward (7) Recover to L (8)

[17-24] ROCK STEP, ½ TURNING CHASSE, 2x BACKWARDS STEP, SCISSOR STEP

1-2 Rock R back (1) Recover to L (2)
3,&,4 Turn ¼ left and Step R to side (3), Step L together R (&), Turn ¼ left and Step R back (4)
5,6 Step L back (5), Step R back (6)
7,&,8 Step L to side (7), Step R together L (&), Cross L front R (8)

[25-32] ROCK STEP, CROSSING CHASSE, ¼ TURN, ½ TURN, PIVOT

1-2 Rock R to side (1) Recover to L (2)
3,&,4 Cross R front L (3), Step L to side (&), Cross R front L (4)
5,6 Turn ¼ right and Step L back (5), Turn ½ right and Step R forward (6)
7-8 Step L forward (7) and turn 1/2 right while keeping weight on L (8)

RESTART in wall 5

[33-40] CROSS WITH SWEEP,WEAWE, SWAY, WEAWE WITH CROSSING CHASSE

1-2 Cross R behind L (1) and sweep L from front to back (1-2)
3,&,4 Cross L behind R (3), Step R to side (&), Cross L front R (4)
5-6 Sway by stepping R to side (5) and change the weight to L (6) while doing 8-figure by body (5-6)
7,&,8,& Cross R behind (7), Step L to side (&), Cross R front L (8), Step L to side (&)

[41-48] CROSS WITH SWEEP, WEAWE, STEP CROSS WITH HOLD, STEP CROSS WITH HOLD

1-2 Cross R front L (1) and sweep L from back to front (1-2)
3,&,4 Cross L front R (3), Step R to side (&), Cross L behind R (4)
&5-6 Step R to side (&), Cross L front R (5) and hold (6)
&,7-8 Step R to side (&), Cross L behind R (7) and hold (8)

*styling for 'holds' between 41-48 counts: You can slightly fall over your balance with your body

[49-56] STEP, STEP TOGETHER, STEP WITH HOLD, ¼ TURN, ¼ TURN, ½ TURN WITH HOLD

1,2,3-4 Step R to side (1), Step L together R (2), Step R back (3) and hold (4)
5,6,7-8 Turn ¼ right and Step L back (5), Turn ¼ right and Step R forward (6), Turn ½ right and Step L back (7) and hold (8)

RESTARTS in walls 1 and 3

TAG – in wall 6, after Tag start over

REPLACE COUNT 8 WITH CONTINUEING ½ TURN RIGHT AND STEP BALL OF R FORWARD

- 7,8 Turn ½ right and Step L back (7), Turn ½ right and Step R Ball forward keeping heel up(8)
1,&,2,&,3,&,4 Drop R heel down (1), Lift R heel up (&), Drop R heel down (2), Lift R heel up (&), Drop R heel down (3), Lift R heel up (&), Drop R heel down (4), Lift R heel up and change weight to L (&)
- 1-4 ARMS: Raise your R hand front (1-2), fist your R hand fingers and pull your hand on your heart (3-4)

[57-64] 3x BACKWARDS STEPS, HOLD, 3x BACKWARDS STEPS, HOLD [DURING 1-8 MAKE ½ CLOCKWISE TURN]

- 1,2,3-4 Turn 1/8 right and Step R back (1), Turn 1/8 right and Step L back (2), Step R back (3) and hold (4)
5,6,7-8 Turn 1/8 right and Step L back (5), Turn 1/8 right and Step R back (6), Step L back (7) and hold (8)

***styling for 'holds' between 49-64 counts: You can dreg your non-weighted leg slightly towards your weighted leg**

Recommended to watch our YouTube -video

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