

Heart of Gold

拍数: 32 墙数: 4 级数: Improver
编舞者: Lisa M. Johns-Grose (USA) & Gail A. Dawson (USA) - January 2019
音乐: Good As You - Kane Brown



Intro – 16 Counts - No Tags or Restarts

Night Club, Night Club, Night Club Turn ¼, Full Turn (* Option – Triple Forward)

1, 2& R step to R, L rock behind R, recover to R
3, 4& L step to L, R rock behind L, recover to L
5, 6& R step to R, L rock behind R, recover R turning ¼ to L (9 o'clock)
7&8 L step turning ½ to R, R step turning ½ to R, L step forward

***Option – L step forward, R step beside L, L step forward**

Cross Rock, Recover, Cross Rock, Turn, Step, Sweep, Coaster Turn ¼

1, 2& R cross rock, recover to L, R step to R
3, 4& L cross rock, recover to R, L step to L
5, 6& R step cross over L turning ¼ L (6 o'clock), L sweep forward, R step to R
7&8 L step back turning ¼ to L (3 o'clock), R step beside L, L step forward

Rocking Chair, Triple Forward, Step, Turn ½, Step, Turn ½

1&2& R rock forward, recover L, R rock back, recover L
3&4 R step forward, L step beside R, R step forward
5, 6 L step forward, pivot ½
7, 8 L step forward, pivot ½

***Option – Rocking Chair**

Cross Rock, Side Rock, Behind, Side, Cross, Rock, Recover, Behind, Side, Cross

1&2& L cross rock, recover to R, L rock to L, recover to R
3&4 L step behind R, R step to R, L cross over R
5, 6 R rock to R, recover to L
7&8& R step behind L, L step to L, R cross rock, recover to L

END After Wall 7

1, 2& R step to R, L rock behind R, recover to R
3, 4& L step to L, R rock behind L, recover to L turning ¼ R (12 o'clock)

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