

Please Be Careful With My Heart

拍数: 32 墙数: 2 级数: High Improver
编舞者: Yola Ireneous (INA) & Wenarika Josephine (INA) - March 2020
音乐: Please Be Careful With My Heart - Jose Mari Chan & Regine Velasquez



#8 counts Intro . *Tag on wall 2 after 16 counts

I. PIVOT ½ LEFT , TURN ¾ RIGHT , SYNCOPATED SCISSOR STEP

1 & 2 Rock R fwd – turn ½ left recover on L – R fwd(6.00)
3 & 4 Turn ½ right step L back – turn ¼ right step R to side – cross L over R(3.00)
5 & 6 & R to side – close L beside R – cross R over L – step L to side
7 & 8 & Close R beside L – cross L over R – rock R to side – recover on L

II. RUMBA BOX , BACK & HOOK , ½ TURN LEFT , BACK & HOOK

1 & 2 Step R to side – close L beside R – step R forward
3 & 4 Step L to side – close R beside L – step L back
5 & 6 & Step R back – hook L over R – step L forward – turn ½ left step R back ... (9.00)
7 & 8 & Step L back – hook R over L – step R forward – step L forward

*(On wall 2 , turn ¼ left, do the 8 counts tag)

III. WEAVE LEFT, CROSS ROCK , WEAVE RIGHT, CROSS ROCK

1 & 2 & Cross R over L – step L to side – step R behind L – step L to side
3 & 4 Cross rock R over L – recover on L – step R to side
5 & 6 & Cross L over R – step R to side – step L behind R – step R to side
7 & 8 Cross rock L over R – recover on R – step L to side

IV. WALK FORWARD , WALK BACK , ¼ TURN LEFT , SYNCOPATED BACK ROCK

1 & 2 Step R forward – L forward – rock R forward
3 & 4 Recover on L – step R back – turn ¼ left step L to side(6.00)
5 & 6 & Cross rock R behind L – recover on L – step R to side – cross rock L behind R
7 & 8 & Recover on R – step L to side – rock R back – recover on L

*Tag on wall 2 after 16 counts , turn ¼ left (facing front wall)

1 – 8 sway right – hold – sway left – hold – sway right – hold – sway left – hold

Happy dancing !!!

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