If Love Had A Heart

拍数: 32

级数: Improver

编舞者: Frank Heelan (IRE) - August 2020

音乐: If Love Had a Heart - Rose Falcon : (3:05)

墙数:4

Sec 1: Rock back recover, shuffle forward, side rock recover, cross shuffle.

- 1-2 Rock back right, recover left.
- 3&4 Forward right, left together, forward right.
- 5-6 Rock left to left. recover to right.
- 7&8 Cross left over right, step right to right, cross left over right. (12.00)

Sec 2: Turn walk, turn walk, shuffle 3/8 right, rock recover, coaster step.

- 1-2 Turn ¹/₄ right, walk forward right. (3.00) turn 1/8 right, walk forward left. (4.30)
- 3&4 3 /8 shuffle right, stepping R-L-R (9.00)
- 5-6 Rock forward left, recover right.
- 7&8 Step back left, right together, forward left.

Sec 3: Side together, shuffle forward, side together, shuffle back.

- 1-2 Step right to right, left together.
- 3&4 Step forward right, left together, forward right.
- 5-6 Step left to left, right together.
- 7&8 Step back left, right together, back left. (9.00)

Sec 4: Ball step, step, rock recover, shuffle ½ turn, rock recover.

- &1-2 Step back on ball of right, forward left, forward right.
- 3-4 Rock forward left, recover right.
- 5&6 Turn ½ left stepping forward left, right together, forward left.
- 7-8 Rock forward right, recover left. (3.00)

Restart 1: On wall 3 dance 24 counts, restart facing 3.00.

Restart 2: On wall 6 dance 24 counts, restart facing 6.00.

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