

Hole In My Heart

拍数: 32 墙数: 4 级数: Beginner
编舞者: Susan Duncan (USA), Rob Fowler (ES) & I.C.E. (ES) - November 2020
音乐: Hole in My Heart - Rod Stewart : (Album: Blood Red Roses, Deluxe Version)
或: Get It! Get It! - Ms. Jody : (Album: Get It! Get It!)



Alt. Music: Ms. Jody - Get It! Get It!

Some Guys Have All The Luck by Rod Stewart

Cold Hearted by Paula Abdul

Intro: 32 counts (approximately 14 seconds) 1Tag x 3

S1: Side Right, Touch Left, Side Left, Touch Right, Side Right, Together, Side Right, Touch Left

1-2 Step Right To Right Side, Touch Left Next To Right
3-4 Step Left To Left Side, Touch Right Next To Left
5-6 Step Right To Right Side, Step Left Together
7-8 Step Right To Right Side, Touch Left Next To Right 12:00

S2: Side Left, Touch Right, Side Right, Touch Left, Vine ¼ Turn Left, Touch Right

1-2 Step Left To Left Side, Touch Right Next To Left
3-4 Step Right To Right Side, Touch Left Next To Right
5-6 Step Left To Left Side, Step Right Behind Left
7-8 Make ¼ Turn Left Stepping Forward Left, Touch Right Next To Left 9:00

S3: K Step

1-2 Step Right Diagonally Forward Right, Touch Left Next To Right
3-4 Step Left Diagonally Back Left, Touch Right Next To Left
5-6 Step Right Diagonally Back Right, Touch Left Next To Right
7-8 Step Left Diagonally Forward Left, Touch Right Next To Left Facing Forward 9:00

S4: V Step, Heel Swivels, Hold

1-2 Step Right Out Diagonally Right, Step Left Out Diagonally Left
(arm option: sway both arms up and over to the right when stepping out to the right, sway both arms up and over to the left when stepping out to the left then return arms to place)
3-4 Step Right Back To Center, Step Left Beside Right
5-8 Swivel Heels Right, Left, Back To Center, Hold (Weight on Left) 9:00

Start Over

TAG: Hip Bumps Occur On The Strong Beats Of Music:

At The End of Wall 3 (Facing 3:00)

**During Wall 8 - Dance Up To and Including Count 28 (V Step Facing 12:00),
Dance The Tag Then Restart**

At The End of Wall 12 (Last 8 Counts of Music to Finish Facing 12:00)

1-2 Hip Bumps R, R
3-4 Hip Bumps L, L
5-8 Hip Bumps R, L, R, L (Pop hip on count 8)

Last Update: 5 Apr 2023