

Heart of Earth

拍数: 64 墙数: 1 级数: Intermediate
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音乐: Volara - Bernardo Lafonte



Intro: 64 counts (approx. 32 secs)

Sec 1: STEP, TOUCH, BACK, TOUCH, KICK, STEP, CROSS BEHIND, RECOVER

1 - 2 RF Step forward (12.00), LF Touch toe behind RF
3 - 4 LF Step backward, RF Touch next to LF
5 - 6 RF Kick forward, RF Step to R side
7 - 8 LF Cross behind RF, Recover weight on RF

Sec 2: KICK, STEP, CROSS BEHIND, RECOVER, KICK, HOOK, KICK TURN, HOOK

1 - 2 LF Kick forward, LF Step to L side
3 - 4 RF Cross behind LF, Recover weight on LF
5 - 6 RF Kick forward, RF Hook over LF (weight on LF)
7 - 8 RF Kick again with turn 1/4 R (still balancing weight on LF), RF Hook over LF (03.00)

Sec 3: STEP, LOCK, STEP FLICK, CROSS, SIDE, CROSS, PIVOT

1 - 2 RF Step forward, LF Step lock behind RF
3 - 4 RF Step forward and LF Flick back at the same time (weight on RF), LF swing forward
5 - 6 LF Cross over RF, RF Step to R side
7 - 8 LF Cross over RF, Pivot Turn 1/2R weight on RF (09.00)

Sec 4: WEAVES, ROCK, LUNGE, RECOVER, STEP

1 - 2 LF Cross over RF, RF Step to R side
3 - 4 LF Cross behind RF, RF Step R to R side
5 - 6 LF Rock forward, continuing Lunge (weight on LF)
7 - 8 Recover weight on RF, LF Step next to RF

Sec 5: KICK, BACK, TOUCH, RECOVER, SWEEP, CROSS, SIDE, RECOVER

1 - 2 RF Kick forward, RF Step backward (weight on RF)
3 - 4 LF Point toes forward, Recover weight on LF
5 - 6 RF Sweep to R side, RF Cross over LF
7 - 8 LF Step to L side, Recover weight on RF

Sec 6: HALF DIAMOND STEP

1 - 2 LF Step forward, RF Step to R side (09.00)
3 - 4 LF Turn 1/8 L Step backward, RF Step backward (07.30)
5 - 6 LF Turn 1/8 L Step to L side (06.00), RF Turn 1/8 L Step forward (04.30)
7 - 8 LF Step forward, RF Turn 1/8 L Step to R side (03.00)

Sec 7: ROCKING CHAIR 2x, TOUCH

1 - 2 LF Rock forward, Recover weight on RF
3 - 4 LF Rock backward, Recover weight on RF
5 - 6 LF Rock forward, Recover weight on RF
7 - 8 LF Rock backward, RF Touch next to LF

Sec 8: ROCKING CHAIR, BRUSH, HOOK TURN, CROSS, LOCK

1 - 2 RF Rock forward, Recover weight on LF (03.00)
3 - 4 RF Rock backward, Recover weight on LF

5 - 6 RF Brush forward, Hook RF knee and Turn 1/4L RF (still balancing weight on LF)
7 - 8 RF Step cross over LF, LF Step lock behind RF (12.00)

No Tag, No Restart.

Enjoy the dance
