

This Old Heart

拍数: 64 墙数: 4 级数: Novice
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音乐: This Old Heart - Ally Harron



Intro : 8 counts

[1-8] Touch R Out-In-Out, Coaster Step

1-2-3-4 Point R to right side - Touch R next to L - Point R to right side - Hold
5-6-7-8 Step R backward - LF together - Step R forward - Hold

[9-16] Touch L Out-In-Out, Coaster Step

1-2-3-4 Point L to left side - Touch L next to R - Point L to left side - Hold
5-6-7-8 Step L backward - RF together - Step L forward - Hold

[17-24] Shuffle Fwd, Step Turn 1/4 Cross

1-2-3-4 Step R forward - Step L beside R - Step R forward - Hold
5-6-7-8 Step L forward - 1/4 turn R - Cross L over R - Hold (3:00)

[25-32] Side, Behind-Side-Cross - Side Mambo Touch

1-2-3-4 Step R to the R - Cross L behind R - Step R to the R - Cross L over R
5-6-7-8 Rock R to the R - Recover on L - Touch R beside L - Hold

[33-40] Kick R, R Together, Kick L, L Together - Shuffle Back

1-2-3-4 Kick R forward - RF together - Kick L forward - LF together
5-6-7-8 Step R backward - L beside R - Step R backward - Hold

[41-48] Shuffle 1/2 turn L - Step Turn 1/2 L

1-2-3-4 1/4 turn L, Step L to L - Step R beside L, 1/4 turn L, Step L forward - Hold (9:00)
5-6-7-8 Step R forward - Hold - 1/2 turn to L - Hold (3:00)

[49-56] Chasse to the R - Chasse to the L

1-2-3-4 Step R to the R - Step L beside R - Step R to the R - Hold
5-6-7-8 Step L to the L - Step R beside L - Step L to the L - Hold

[57-64] Coaster Step - Run Run Run

1-2-3-4 Step R backward - LF together - Step R forward - Hold
5-6-7-8 Step L forward - Step R forward - Step L forward - Hold

Ending: On the last wall (7th), repeat the 16 last counts, with 1/4 turn to the right on Run Run Run...