

My Heart

拍数: 32 墙数: 4 级数: Beginner
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音乐: Unchain My Heart (90s Version) - Joe Cocker



Intro: 8 counts from the first strongest beat, Start on approx. 22 secs.

Restart: wall 9 after 16 counts

(1-8) TOE STRUT, ROCKING CHAIR, SHUFFLE

1-2 LF touch toe fwd (1), LF drop heel (2)
3-4 RF rock fwd (3), LF recover (4)
5-6 RF rock bwd (5), LF recover (6)
7&8 RF step R side (7), LF together RF (&), RF step R side (8)

(9-16) ¼ TURN L SHUFFLE, CROSS SHUFFLE, ROCK SIDE, CROSS SHUFFLE

1&2 ¼ turn L LF step L side (1) RF together LF (&), LF step L side (2) (9:00)
3&4 RF cross over LF (3), LF step L (&), RF cross over LF (4)
5-6 LF rock L side (5), RF recover (6)
7&8 LF cross over RF (7), RF step R (&), LF cross over RF (8)

Restart - On the ninth wall after 16 counts

7&8 LF together next to RF (7), RF step R side (&) ,LF touch next to RF (8) (9:00)

(17-24) STEP SIDE TOUCH (X2), STEP SIDE, TOGETHER, SHUFFLE

1-2 RF step R side (1), LF touch next to RF (2)
3-4 LF step L side (3), RF touch next to LF (4)
5-6 RF step R side (5), LF together (6)
7&8 RF step R side (7), LF together (&), RF step R side (8)

Styling option from count 5 to 8

5-6 ¼ Turn R RF step fwd (5) (12:00), ½ Turn R step LF back (6) (6:00)
7&8 ¼ Turn R RF step side (7), LF together (&), RF step R side (8) (9:00))

(25-32) CROSS POINT (X2), TOE TOUCH & HIP LIFT(X2)

1-2 LF cross over RF (1), RF point to R side (2)
3-4 RF cross over LF (3), LF point to L side (4)
5-6 LF step in place (5), RF toe touch near LF&hip lift (6)
7-8 RF step R side (7), LF toe touch near RF&hip lift (8)

START AGAIN Have fun with it!!!
