

The Heart ♥

拍数: 55 墙数: 2 级数: Phrased Intermediate
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音乐: The Heart - NEEDTOBREATHE



Intro: 4 counts

Sequence: AA, B, AA, B*, CC, DD, AA, BBB*, CC, BB*, CCCC, DD, CC-end

Section A: 7 counts

Shuffle R, Shuffle L, Rock & Back, ½ Turn L

1&2 RF step forward & LF next to R, RF step forward
3&4 LF step forward & RF next to LF, LF step forward
5&6 RF rock forward & LF recover weight, RF step behind
7 LF ½ turn left, step forward

Section B: 16 counts

Vauxdeville Right, Vauxdeville Left

1-2 RF step to right side, LF cross behind RF
&3&4 RF next to LF, LF heel diagonal left forward, LF close next to RF, RF cross over LF
5-6 LF step to left side, RF cross behind LF
&7&8 LF next to RF, RF heel diagonal right forward, RF close next to LF, LF cross over RF

Rock, Recover, Shuffle ½ Turn Right, Rock, Recover, Coaster Step

1-2 RF rock forward, LF recover weight
3&4 RF ¼ turn right, LF next to RF, RF ¼ turn right
5-6 LF rock forward, RF recover weight
7&8 LV step behind, RF next to LF, LF step forward

* Option: step 7&8 full turn left

Section C: 16 counts

Stamp (clap) Sailor Step ¼ Left, Stamp (clap) Sailor Step ¼ Left

1-2 RF stomp forward, Rest (clap)
3&4 LF step behind ¼ turn left, RF next to LF, LF step forward
5-6 RF Stomp forward, Rest (clap)
7&8 LF step behind ¼ turn left, RF next to LF, LF step forward

Rock, Recover, Shuffle ½ Turn Right, Pivot ½ Turn Right, Shuffle Forward

1-2 RF rock forward, LF recover weight
3&4 RF ¼ turn right, LF close next to RF, RF ¼ turn right
5-6 LF step forward, LF + RF pivot ½ turn right
7&8 LF step forward, RF close next to LF, LF step forward

Section D: 16 counts

Kick Ball Cross, Side Rock, Recover ¼ Left, Kick Ball Step, Full Turn Left

1&2 RF kick forward, RF recover weight, LF cross over RF
3-4 RF side rock, LF recover ¼ turn left
5&6 RF kick forward, RF recover weight, LF step forward
7-8 RF step forward ½ turn left, LF step behind ½ turn left

Option: step 7-8 walk walk

Rock Forward ¼ Left, Cross Shuffle, Side Rock, Cross Shuffle

1-2 RF rock forward ¼ left, LF recover weight
3&4 RF cross over LF, LF slightly step left, RF cross over LF

5-6 LF side rock, RF recover weight
7&8 LF cross over RF, RF slightly step right, LF cross over RF

**** Ending:**

Dance C 8 counts (first section) then, Step ½ Turn Left, Drag Left Foot and Close

1-2 RF step forward, RF ½ turn left, LV drag next to RF
