

The Heart ♥

拍数: 55 墙数: 2 级数: Phrased Intermediate
编舞者: Jan Eikenbroek (NL) - September 2022
音乐: The Heart - NEEDTOBREATHE



A-7, B-16, C-16, D-16

Intro: 4 counts - Sequence: AA, B, AA, B, CC, DD, AA, BBB, CC, BB, CCCC, DD, CC-end

Section A

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

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

Section B

Vauxdeville Right, Vauxdeville Left

1 2 & RF step to right side, LF cross behind RF, RF next to LF
3 & 4 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, LF next to RF
7 & 8 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

Section C

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

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

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, then Step ½ Turn Left, Drag Left Foot and Close**

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

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