

7th Heaven

拍数: 64 墙数: 4 级数: Intermediate
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音乐: 7th Heaven - Angelina Jordan



Intro: 16 Counts

[1 – 8] SIDE ROCK R, SAILOR STEP RF, SAILOR STEP LF, CROSS ROCK RF

1, 2 RF Step right, Weight back to LF
3&4 RF Step behind LF, LF Step left, RF Step right
5&6 LF Step behind RF, RF Step right, LF Step left
7, 8 RF Step cross over LF, Weight back to LF (12)

[9 – 16] SIDE CROSS, CHASSE R, 1/4 TURN L LF CHASSE 1/4 TURN L, FULL TURN

1, 2 RF Step right, LF Step cross over LF
3&4 RF Step right, LF close together RF, RF Step right
5&6 ¼ Turn left LF Step left, RF close together LF, ¼ Turn left LF Step in Front (6)
7, 8 ½ Turn left RF Step back, ½ Turn left LF Step in Front

[17 – 24] CROSS STRUTT RF, SIDE STRUTT LF, JAZZBOX RF

1, 2 RF pose Toe cross over LF, RF drop down Heel
3, 4 LF pose Toe left, LF drop down Heel
5-8 RF Step cross over LF, LF Step back, RF Step right, LF Step cross over RF (6)

[25 – 32] LONG STEP R, HOLD, ROCK IN CHAIR (back & front), COASTER STEP LF

1, 2 RF long Step right, Hold
3-6 LF Step back, Weight back to RF, LF Step in Front, Weight back to RF
7&8 LF Step back, RF close together LF, LF Step in Front (6)

[33 – 40] PIVOT 1/2 TURN L, PIVOT 1/4 TURN L, CROSS BACK, SHUFFLE 1/4 TURN R

1, 2 RF Step in Front, ½ Turn left change Weight to LF (12)
3, 4 RF Step in Front, ¼ Turn left change Weight to LF (9)
5, 6 RF Step cross over LF, LF Step back
7&8 RF Step right, LF close together RF, ¼ Turn right RF Step in Front (12)

[41 – 48] PIVOT 1/4 TURN L CROSS STRUTT, HINTCH 1/2 TURN L CROSS STRUTT

1, 2 LF Step in Front, ¼ Turn right change Weight to RF, (3)
3, 4 LF pose Toe cross over RF, drop down Heel
5, 6 ¼ Turn left RF Step back, ¼ Turn left LF Step left (9)
7, 8 RF pose Toe cross over LF, RF drop down Heel

[49 – 56] SIDE ROCK LF, BEHIND SIDE CROSS LF, CHASSE 1/4 TURN R, PIVOT 1/2 TURN R

1, 2 LF Step left, Weight back to RF
3&4 LF Step behind R, RF Step right, LF Step cross over RF
5&6 RF Step right, LF close together RF, ¼ Turn right RF Step in Front (12)
7, 8 LF Step in Front, ½ Turn right change Weight to RF (6)

[57 – 64] FRONT ROCK STEP LF, COASTER STEP LF, PIVOT 1/2 TURN L, PIVOT 3/4 TURN L

1, 2 LF Step in Front, Weight back to RF
3&4 LF Step back, RF close together LF, LF Step in Front
5. 6 RF Step in Front, ½ Turn left change Weight to LF
7, 8 RF Step in Front, ¾ Turn left change Weight to LF

Be Happy and Dance!
