

Thunder in My Heart

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Maggie Gallagher (UK) - July 2023
音乐: Thunder - Nicholas Wells : (album: Now and Then)



Intro: 32 counts (16 secs)

S1: ROCK, RECOVER, TRIPLE FULL TURN, CROSS, SIDE, L SAILOR

1-2 Rock forward on right, Recover on left
3&4 Triple full turn right stepping R-L-R [12:00]
(alternative for counts 3&4 is R Coaster)
5-6 Cross left over right, Step right to right side
7&8 Cross left behind right, Step right to right side, Step left to left side

S2: CROSS, ¼ R, R CHASSE, DIAGONAL CROSS ROCK, L COASTER

1-2 Cross right over left, ¼ right stepping back on left
3&4 Step right to right side, Step left next to right, Step right to right side [3:00]
5-6 Cross left over right to [4:30], Recover on right [4:30]
7&8 Step back on left, Step right next to left, Step forward on left [4:30]

S3: ⅙ POINT, HOLD, ½, POINT, HOLD, & JAZZ BOX ¼ R, STEP

1-2 ⅙ left pointing right to right side [3:00], HOLD
&3-4 ½ right stepping right next to left, Point left to left side, HOLD [9:00]
&5-6 Step left next to right, Cross right over left, Step back on left
7-8 ¼ right stepping forward on right, Step forward on left [12:00]

S4: STEP, TOUCH, & HEEL & HEEL, & ROCKING CHAIR

1-2& Step forward on right, Touch left toe next to right, Step slightly back on left
3&4& Touch right heel forward, Step right next to left, Touch left heel forward, Step left next to right
5-6 Rock forward on right, Recover on left
7-8 Rock back on right, Recover on left [12:00]

*Restart Wall 3

S5: SIDE, DRAG, BEHIND SIDE CROSS, DIAGONAL ROCK, RECOVER, ½ SHUFFLE

1-2 Take long step on right to right side, Drag left to meet right
3&4 Cross left behind right, Step right to right side, Cross left over right
5-6 Rock forward on right to [1:30], Recover on left [1:30]
7&8 ½ right stepping forward on right, Step left next to right, Step forward on right [7:30]

S6: WALK, ½, SHUFFLE ½, CROSS, BACK, & CROSS, SWEEP

1-2 Walk forward on left, ½ left stepping back on right [1:30]
3&4 ¼ left stepping left to left side, Step right next to left, ¼ left stepping forward on left [7:30]
5-6 Cross right over left, Step back on left
&7-8 Step right to right side straightening to [9:00], Cross left over right, Ronde sweep right from back to front

S7: CROSS, HOLD, OUT-OUT, HOLD, & ROCK, RECOVER, R COASTER

1-2 Cross right over left, HOLD
&3-4 Small jump back and out on left, Step back and out on right, HOLD
&5-6 Step left to centre, Rock forward on right, Recover on left
7&8 Step back on right, Step left next to right, Step forward on right

S8: ROCK, RECOVER, ¼ SAILOR, CROSS, SWEEP, CROSS SAMBA

1-2 Cross rock left over right, Recover on right
3&4 ¼ left crossing left behind right, Step right to right side, Step left to left side [6:00]
5-6 Cross right over left, Ronde sweep left from back to front
7&8 Cross left over right, Rock right to right side, Recover on left [6:00]

***RESTART: Dance 32 counts of Wall 3, then restart the dance from the beginning facing [12:00]**

ENDING: The dance finishes during Wall 7. Dance 47 counts, then turn ¼ left ronde sweeping right around. Step forward on right to finish facing [12:00]

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