

Hearts

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Kady SANE (FR) & Cathy DENIS (FR) - December 2023
音乐: Slip - Shawn Austin



Intro : 4 counts

Thanks to Stéphanie Poilly for suggesting the music

Start the dance with section 1, then at walls 2, 3, 4, 5, 6, 7, 8 continue with section 1 modified, then at wall 9, 10 continue with section 1 and the last wall 11 continue with section 1 modified

Section 1 [1-8] ROCK STEP, SIDE ROCK, COASTER STEP (X2)

1&2& Step LF fwd (1), Recover weight on to R (&), Step L to L (2), Recover weight on to R (&) 12h
3&4 Step LF back (3), Step RF next to LF (&), Step LF fwd (4)
5&6& Step RF fwd (5), Recover weight on to L (&), Step R to R (6), Recover weight on to L (&)
7&8 Step RF back (7), Step LF next to RF (&), Step RF fwd (8)

Section 2 [9-16] STEP PIVOT ½ T, SHUFFLE L, ROCK STEP R, COASTER CROSS

1-2 Step LF fwd (1), Pivot ½ T (2) 6h
3&4 Step LF fwd (3), Step RF together (&), Step LF fwd (4)
5-6 Step RF fwd (5), Recover weight on to L (6)
7&8 Step RF back (7), Step LF next to RF (&), Cross RF over LF (8)

Section 3 [17-24] VINE, PONY STEP BACK L-R

1-2 Step LF to L side (1), Cross RF behind LF (2)
3-4 Step LF to L side (3), Step RF to R (4) (weight on to R)
5&6 Step LF back while popping R knee (5), Step on ball of RF (&), Step LF back while popping R knee (6)
7&8 Step RF back while popping L knee (7), Step on ball of LF (&), Step RF back while popping L knee (8) (weight on RF)

Section 4 [25-32] SAILOR ¼ T, STEP R-L, SHUFFLE R, SWAY L-R

1&2 ¼T L Stepping LF behind RF (1), Step RF to R (&), Step LF to L (2) 3h
3-4 Step RF fwd (3), Step LF fwd (4)
5&6 Step R fwd (5), Step L next to R (&), Step R fwd (6)
7-8 L step on L side swaying chest to L (7), R step on R side swaying chest to R (8)

Restart during wall 4 at 9h after 8 counts (face 9h), start dancing again with section 1 modified

Restart during wall 8 at 6h after 16 counts (face 12h), modify accounts 7&8 with a coaster step (and weight on RF) and start dancing again with section 1

Restart during wall 9 at 12h after 24 counts (face 6h), start dancing again with section 1

Section 1 modified

[1-8] LARGE STEP L, TOGETHER CROSS SIDE, SAILOR STEP L-R

1-2 Big step LF to L as you drag RF next to LF (1-2),
&3-4 Recover weight RF (&), Cross LF over RF (3), Step RF to R (4)
5&6 Cross LF behind RF (5), Step RF to R side (&), Step LF to L side (6)
7&8 Cross RF behind LF (7), Step LF to L side (&), Step RF to R side (8)

Ending

Wall 11 at 9h, continue the dance with the 8 counts of section 1 modified and add a step LF fwd pivot ¼ turn to finish at 12h

Take as much pleasure as we had to create this choreography □□□□□□□□□□□□□□□□□□
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