

Cross My Heart

拍数: 48 墙数: 4 级数: Easy Improver
编舞者: Karl-Harry Winson (UK) - February 2024
音乐: Don't Be Cruel - Marty Stuart
或: Don't Be Cruel - Elvis Presley



Intro: 16 CountsMusic available from Amazon.co.uk or iTunes
Alternative track: "Don't Be Cruel" by Elvis Presley. (BPM: 84.7)

Right Toe Strut. Left Toe Strut. Right Rocking Chair.

- 1 – 2 Step forward on ball of Right. Drop heel to the floor.
- 3 – 4 Step forward on ball of Left. Drop heel to the floor.
- 5 – 8 Rock Right forward. Recover weight on Left. Rock Right back. Recover weight on Left.

Right Toe Strut. Left Toe Strut. Right Rocking Chair.

- 1 – 2 Step forward on ball of Right. Drop heel to the floor.
- 3 – 4 Step forward on ball of Left. Drop heel to the floor.
- 5 – 8 Rock Right forward. Recover weight on Left. Rock Right back. Recover weight on Left.

1/4 Turn Left. Right Reverse Rhumba Box.

- 1 – 2 Turn 1/4 Left stepping Right to Right side. Close Left beside Right.
- 3 – 4 Step Right back. Hold.
- 5 – 6 Step Left to Left side. Close Right beside Left.
- 7 – 8 Step Left forward. Hold.

*Restart Here on Walls 3 (3.00), 5 (9.00) & 7 (3.00)

Forward Rock. Back-Kick X2. Back Rock.

- 1 – 2 Rock Right forward. Recover weight on Left.
- 3 – 4 Step back on Right. Kick Left foot forward.
- 5 – 6 Step Left back. Kick Right foot forward.
- 7 – 8 Rock Right back. Recover weight on Left.

Forward-Together. Heel Twist Right. Forward-Together. Heel Twist Left.

- 1 – 2 Step Right to Right diagonal. Close Left beside Right.
- 3 – 4 With weight on the balls of both feet, twist both heels Right. Twist both heels to the center.
- 5 – 6 Step Left to Left diagonal. Close Right beside Left.
- 7 – 8 With weight on the balls of both feet, twist both heels Left. Twist both heels to the center.

Back Touches X4 (with claps)

- 1 – 2 Step Right back on Right diagonal. Touch Left beside Right/Clap hands.
- 3 – 4 Step Left back on Left diagonal. Touch Right beside Left/Clap hands.
- 5 – 6 Step Right back on Right diagonal. Touch Left beside Right/Clap hands.
- 7 – 8 Step Left back on Left diagonal. Touch Right beside Left/Clap hands.

Start Again!

*Restarts: To keep the dance in phrase, I have added in 3 restarts which happen in the same place of the dance.

Dance 24 Counts of Walls 3, 5, and 7 then restart the dance from the beginning.

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