

Achy Heart - Losing My Mind

COPPERKNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sue Korek (USA) - 30 December 2024
音乐: Achy Breaky Heart - Billy Ray Cyrus
或: I Heard It Through the Grapevine - Marvin Gaye



Alternate Music:

I Heard It Through the Grapevine (HQ Remastered) (Marvin Gaye—26 August 1968) bpm=117, Intro: 32 counts start on vocals

No tags, no restarts

Intro: 16 counts

Section 1 (POINT R FWD, POINT R SIDE, CROSS R, POINT L, L BEHIND-SIDE, CROSS SHUFFLE LRL)

1-2 Point R forward, point R side
3-4 Cross R over L, point L side
5-6 Step L behind R, step R beside L
7&8 Cross L over R, step R beside L, cross L over R

Section 2 (WEAVE RIGHT, SIDE SHUFFLE RLR, ROCK L BACK)

1-2 Step R right, step L behind R
3-4 Step R right, step L across R
5&6 Step R right, shuffle L beside R, step R right
7-8 Rock L back, recover R

Section 3 (WEAVE LEFT, SIDE SHUFFLE LRL, ¼ RIGHT TURN, ROCK L BACK)

1-2 Step L left, step R behind L
3-4 Step L left, step R across L
5&6 Step L left, shuffle R beside L, step L left
7-8 ¼ turn right rock R back, recover L

Section 4 (ROCK RECOVER, TRIPLE ¼ TURN RIGHT, ROCK RECOVER, TRIPLE ¼ TURN LEFT)

1-2 Rock R forward, recover on L
3&4 Triple step RLR turning ¼ right (6:00)
5-6 Rock L forward, recover on R
7&8 Triple step LRL turning ¼ left (3:00)

Enjoy this Beginner dance with a challenging beginning, good weaves, and triple steps!

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