

One Heart

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Vivienne Scott (CAN)
音乐: One Heart - Céline Dion



HIP SWAYS FORWARD/BACK, SIDE ROCK RIGHT, SYNCOPATED VINE WITH ¼ TURN

- 1-2 Step right forward to right side swaying hips to right, step left forward to left side swaying hips to left
- 3-4 Step right back to right side swaying hips to right, step left back to left side swaying hips to left
- 5-6 Rock right to right side, recover on left
- 7&8 Step right behind left, step left to left side with ¼ turn left, step forward right

WALKS FORWARD, LEFT LOCK BACK, ROCK BACK, STEP PIVOT ½ TURN LEFT

- 9-10 Walk forward left, right
- 11&12 Step left back, lock right in front of left, step left back
- 13-14 Rock right back, recover on left
- 15-16 Step forward right, pivot ½ turn left

SHUFFLE FORWARD WITH ½ TURN LEFT, ROCK BACK, SHUFFLE FORWARD WITH ½ TURN RIGHT, ROCK BACK

- 17&18 Step forward right, close left beside right, step forward right with ½ turn left
- 19-20 Rock left back, recover on right
- 21&22 Step forward left, close right beside left, step forward left with ½ turn right
- 23-24 Rock right back, recover on left

SYNCOPATED HEEL SWITCHES, STEP DRAG FORWARD, RIGHT KICK STEP BACK BALL CHANGE, KICK RIGHT FORWARD, STEP OUT/OUT

- 25& Touch right heel forward, step right beside left
- 26& Touch left heel forward, step left beside right
- 27-28 Step forward right, step drag left beside right
- 29&30 Kick right foot forward, step touch back on ball of right foot, step down on left (weight on left, right still back)
- 31&32 Kick right foot forward, step out on right, step out on left (feet slightly apart)

REPEAT

RESTART

For "One Heart" by Celine Dion only: walls 3 and 7 (both facing side @ 9:00) and wall 10 (facing back @ 6:00) after counts 23-24 rock back on right, recover on left, start again

TAG

For "One Heart" by Celine Dion only: at the end of wall 9 (facing side @ 3:00 wall): hold for four counts with arms out to side, palms facing down to the ground

GRAND FINISH

For "One Heart" by Celine Dion only: at the end of the song facing the front, dance counts 25&26&27, on count 27 arms out to the side.

For Keith Urban, finish with counts 31&32 facing the front