

Take It To Heart

拍数: 32 墙数: 4 级数: Improver
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音乐: Take It To Heart - Lisa Erskine



SHUFFLE, STEP, ½ PIVOT, TOUCHBACK, BACK, COASTER STEP

- 1&2 Step right foot forward, step left foot together, step right foot forward
- 3 Step left foot forward
- 4 Pivot ½ right with weight remaining on left foot
- 5 Touch right toes back
- 6 Step right foot down
- 7&8 Step left foot back, step right foot together, step left foot forward

STEP, TOUCH SIDE, CROSS, TOUCH SIDE, ROCK, RECOVER, ROCK BACK, RECOVER

- 9 Step right foot forward
- 10 Touch left toes to left side (or kick left foot to left side)
- 11 Cross left foot over right and step
- 12 Touch right toes to right side (or kick right foot to right side)
- 13 Step right foot forward and rock forward
- 14 Recover weight on left foot
- 15 Step right foot back and rock back
- 16 Recover weight on left foot

HEEL, HOOK, HEEL SWITCHES, TOUCH FORWARD, TOUCH SIDE, SAILOR SHUFFLE

- 17 Touch right heel forward
- 18 Hook right foot across left shin
- 19& Touch right heel forward, step right foot together
- 20& Touch left heel forward, step left foot together
- 21 Touch right toes forward
- 22 Touch right toes to right side
- 23&24 Cross right foot behind left and step, step left foot to left side, step right foot in place

Optional: substitute a back shuffle for the sailor shuffle for beginners

SAILOR SHUFFLE, ROCK BACK, RECOVER, KICK-BALL-CHANGE, STEP, ¼ TURN

- 25&26 Cross left foot behind right and step, step right foot to right side, step left foot in place
(optional: substitute a back shuffle for the sailor shuffle for beginners)
- 27 Step right foot back and rock back
- 28 Recover weight on left foot
- 29&30 Kick right foot forward, step right together on ball of right foot, step left foot together
- 31 Step right foot forward
- 32 ¼ left pivot turn with weight ending on left foot

Optional steps for those who like to spin: turn ¼ left and step right foot forward, spin full turn left with weight ending on left foot

REPEAT