

Tender Heart

拍数: 56 墙数: 1 级数: Intermediate
编舞者: The Dynamic Duo (UK)
音乐: Tender Heart - Lionel Richie



ROCK, RECOVER, SIDE SHUFFLE, CROSS UNWIND, SHUFFLE

1-2 Rock right over left, recover on left
3&4 Step right to right, step left by right, step right to right
5-6 Cross left over right, unwind $\frac{3}{4}$ turn right
7&8 Step forward on left, step right by left, step forward on left

ROCK, RECOVER, COASTER STEP, STEP $\frac{1}{2}$ PIVOT TWICE

9-10 Rock forward on right, recover on left
11&12 Step back on right, step left by right, step forward on right
13-14 Step forward on left, make $\frac{1}{2}$ pivot right
15-16 Step forward on left, make $\frac{1}{2}$ pivot right

ROCK, RECOVER, SIDE SHUFFLE, CROSS UNWIND, SHUFFLE

17-18 Rock left over right, recover on right
19&20 Step left to left, step right by left, step left to left
21-22 Cross right over left, unwind $\frac{3}{4}$ turn left
23&24 Step forward on right, step left by right, step forward on right

ROCK, RECOVER, COASTER STEP, STEP $\frac{1}{2}$ PIVOT TWICE

25-26 Rock forward on left, recover on right
27&28 Step back on left, step right by left, step forward on left
29-30 Step forward on right, make $\frac{1}{2}$ pivot left
31-32 Step forward on right, make $\frac{1}{2}$ pivot left

SLIDE STEPS (MOVING SLIGHTLY FORWARD)

33-34 Slide right slightly forward to right, slide left by right
35-36 Slide left slightly forward to left, slide right by left
37-38 Slide right slightly forward to right, slide left by right
39-40 Slide left slightly forward to left, slide right by left

MAMBO STEPS, STEP $\frac{1}{2}$ PIVOT SHUFFLE

41&42 Rock forward on right, recover on left, step back on right
43&44 Rock back on left, recover on right, step forward on left
45-46 Step forward on right, make $\frac{1}{2}$ pivot left
47&48 Step forward on right, step left by right, step forward on right

MAMBO STEPS, STEP $\frac{1}{2}$ PIVOT SHUFFLE

49&50 Rock forward on left, recover on right, step back on left
51&52 Rock back on right, recover on left, step forward on right
53-54 Step forward on left, make $\frac{1}{2}$ pivot right
55&56 Step forward on left, step right by left, step forward on left

REPEAT