

# 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**