

# Tender Heart

拍数: 56      墙数: 1      级数: Intermediate  
编舞者: Alison J. Austerberry (UK)  
音乐: Tender Heart - Lionel Richie



## CROSS ROCK, CHASSE RIGHT, CROSS $\frac{3}{4}$ UNWIND RIGHT, SHUFFLE FORWARD

1-2            Cross rock right over left, rock back onto left  
3&4           Step right to right side, close left beside right, step right to right side  
5-6           Cross left over right, unwind  $\frac{3}{4}$  turn right  
7&8           Step forward left, close right beside left, step forward left

## FORWARD ROCK, COASTER STEP, STEP $\frac{1}{2}$ PIVOT RIGHT TWICE

9-10           Rock forward on right, rock back onto left  
11&12        Step back right, step left beside right, step forward right  
13-14        Step forward left, pivot  $\frac{1}{2}$  turn right  
15-16        Step forward left, pivot  $\frac{1}{2}$  turn right

## CROSS ROCK, CHASSE LEFT, CROSS $\frac{3}{4}$ UNWIND LEFT, SHUFFLE FORWARD

17-18        Cross rock left forward over right, rock back onto right  
19&20        Step left to left side, step right beside left, step left to left side  
21-22        Cross right over left, unwind  $\frac{3}{4}$  turn left  
23&24        Step forward right, close left beside right, step forward right

## FORWARD ROCK, COASTER STEP, STEP $\frac{1}{2}$ PIVOT LEFT TWICE

25-26        Rock forward on left, rock back onto right  
27&28        Step back left, step right beside left, step forward left  
29-30        Step forward right, pivot  $\frac{1}{2}$  turn left  
31-32        Step forward right, pivot  $\frac{1}{2}$  turn left

## RIGHT & LEFT STEP SLIDES FORWARD

33-34        Slide right slightly forward to right, slide left beside right (no weight)  
35-36        Slide left slightly forward to left, slide right beside left (no weight)  
37-38        Slide right slightly forward to right, slide left beside right (no weight)  
39-40        Slide left slightly forward to left, slide right beside left (no weight)

## MAMBO ROCKS FORWARD & BACK, STEP $\frac{1}{2}$ PIVOT, RIGHT SHUFFLE

41&42        Rock forward on right, rock back onto left, step back right  
43&44        Rock back on left, rock forward onto right, step forward left  
45-46        Step forward right, pivot  $\frac{1}{2}$  turn left  
47&48        Step forward right, close left beside right, step forward right

## MAMBO ROCKS FORWARD & BACK, STEP $\frac{1}{2}$ PIVOT, LEFT SHUFFLE

49&50        Rock forward on left, rock back onto right, step back left  
51&52        Rock back on right, rock forward onto left, step forward right  
53-54        Step forward left, pivot  $\frac{1}{2}$  turn right  
55&56        Step forward left, close right beside left, step forward left

## REPEAT