

This Heart

拍数: 32 墙数: 4 级数: Intermediate
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音乐: This Heart - Nanci Griffith



2X FORWARD SOFT SHOE SHUFFLES, WALK FORWARD: RIGHT-LEFT, FORWARD FLICK KICK, ½ RIGHT TOE STEP

1&2 Step forward onto right foot, step left foot slightly backward, step right foot in front of left toe
3&4 Step forward onto left foot, step right foot slightly backward, step left foot in front of right toe
Counts 1-4 can be done with a slight 'sliding' motion
5-6 Walk forward: right, left
7-8 Flick kick right foot forward, turn ½ right & step forward onto right toe (heel raised high)

2X FORWARD SHUFFLES WITH EXPRESSION (SEE DANCE NOTE), STEP FORWARD, FORWARD FULL TURN, ROCK FORWARD, ROCK

9&10 (Turning whole body diagonally right) step forward onto left foot, close right foot to left heel, step forward onto left foot
11&12 (Turning whole body diagonally left) step forward onto right foot, close left foot to right heel, step forward onto right foot
On counts 9-12, though the body and feet are turned diagonal, the direction is forward
13-14 Step forward onto left foot, forward full turn right & step onto right foot
15-16 Rock forward onto left foot, rock onto right foot

½ Left Step Forward, ¼ Left Side Step, Reverse Cross Shuffle, Side Tap, ¼ RIGHT STEP BACKWARD, ¼ RIGHT CROSS STEP-TOE TAP WITH EXPRESSION

17-18 Turn ½ left & step forward onto left foot, turn ¼ left & step right foot to right side
19&20 Cross step left foot behind right, step right foot to right side, cross step left foot behind right
21-22 Tap right toe to right side, turn ¼ right & step backward onto right foot
23-24 Turn ¼ right & (body turned slightly right) cross step left foot over right, tap right toe to right side

On counts 23-24, roll hands to the right

2X CROSS STEP-TOE TAP WITH EXPRESSION, ¼ LEFT SHUFFLE FORWARD, ¼ LEFT KICK BALL CHANGE

25-26 (Body turned slightly left) cross step right foot over left, tap left toe to left side
27-28 (Body turned slightly right) cross step left foot over right, tap right toe to right side
On counts 25-28: roll hands to the right
29&30 Turn ¼ left & step forward onto right foot, close left foot next to right, step forward onto right foot
31&32 Kick left foot forward, turn ¼ left & step left foot next to right, step right foot in place

REPEAT

DANCE FINISH

The dance will finish on count 28 of the 12th wall, to finish facing the 'home' wall, substitute count 28 for the following:

28 Turn ¼ left & touch right toe backward (right hand on hat brim, left hand behind back)