

# Two Hearts

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Judith Campbell (NZ)  
音乐: The Only Way I Know - Ty Herndon



## ROCK FORWARD / BACK - TAP - ¾ TURN:

- 1-4      Rock forward on right, rock back onto left, tap right foot behind left, turn ¾ to the right (finish weight on right foot)  
5-8      Rock forward on left, rock back onto right, tap left foot behind right, turn ¾ to the left (finish facing the front, weight on left foot)

## HIP SWAYS RIGHT LEFT - SIDE SHUFFLE TO RIGHT - HIP SWAYS LEFT RIGHT - SIDE SHUFFLE TO LEFT:

- 1-2      Step right to right side swinging hips to right then left  
3&4      Shuffle to right side (right-left-right)  
5-6      Step left to left side swinging hips to left then right  
7&8      Shuffle to left side (left-right-left)

## CROSS SWEEP - ROCK FORWARD /BACK - CROSS SWEEP - ROCK FORWARD /BACK:

- 1-2      Step right foot across left (to face left front corner), (¼) sweep the left foot forward around to right front corner  
3-4      Rock forward onto left foot, rock back onto right foot  
5-6      Step left foot across right (already facing right corner), (¼) sweep the left foot forward around to left corner  
7-8      Rock forward onto right foot, rock back on left, straightening to face front

**Advanced alternative: on the 1st cross sweep you might like to turn 1 ¼ then rock forward & back**

## ¼ TURN TO RIGHT, STEP FORWARD - HOLD - TURN - TURN - 2 SAMBA STEPS FORWARD:

- 1-2      Turning ¼ to the right, step forward on right foot, hold,  
3-4      Turning ½ to right step back on left, turning ½ to right step forward on right  
5&6      Step forward on left, step right next to left, small step forward on left. (using hips)  
7&8      Step forward on right, step left next to right, small step forward on right (using hips)

## ROCK FORWARD /BACK - LOCK STEP BACK - TAP ½ TURN - COASTER STEP:

- 1-2      Rock forward on left, rock back on right,  
3&4      Step left back, cross/lock right over left, step back on left  
5-6      Tap right foot behind left, turn ½ to right (weight on left foot)  
7&8      Step right back, step left next to right, step right forward (coaster step)

## ROCK FORWARD/BACK - LOCK STEP BACK - TAP ½ TURN - KICK BALL CROSS:

- 1-2      Rock forward on left, rock back on right  
3&4      Step left back, cross /lock right over left, step left back  
5-6      Tap right foot behind left, turn ½ to right (weight on left foot)  
7&8      Kick right foot forward, step right slightly back from left, step left foot across in front of right

## STEP - HOLD - TOGETHER STEP TAP - ¼ TURN LEFT WITH SIDE TOUCH HEEL - ½ TURN TO LEFT - SIDE TOUCH - HOLD:

- 1-2      Step right to right side, hold  
&3-4      Step left next to right, step right to right side, tap left foot behind right foot (looking over right shoulder)  
5-6      Turning ¼ to left, touch left foot out to left side, drop heel  
7-8      Turning ½ to left on ball of left foot, touch right foot out to right side, hold

**ROCK FORWARD / BACK - 1 ½ ROLL - ROCK FORWARD /BACK - 1 ½ ROLL:**

1-2 Rock forward on right, rock back on left,

3&4 Turning ½ to right step forward on right, turning ½ to right step back on left foot turning ½ to right step forward on right

5-6 Rock forward on left, rock back on right

7&8 Turning ½ to left step forward on left, turning ½ to left step back on right foot turning ½ to left step forward on left

**Easy alternative: instead of doing the 1 ½ roll, you can turn ½ and shuffle forward.**

**REPEAT**

**RESTART**

**If you use Ty Herndon after the 2nd wall there is a 16 count phrase. Do the 1st 16 counts of the dance then restart the dance from the beginning.**

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