

Heal The World

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Chris Hodgson (UK)
音乐: Heal the World - Michael Jackson



STEP-STEP-ROCK-BACK, COASTER STEP, STEP-STEP-PIVOT ¼ TURN-CROSS-SIDE

1 Step forward on right
2&3 Step forward on left, rock weight back onto right, step back on left
4&5 Step back on right, step left next to right, step forward on right
6-7 Step forward on left, step forward on right
8&8 Pivot ¼ turn left (weight on left), cross right over left, step left to left side

CROSS-ROCK, SIDE-CROSS-ROCK-¼ TURN, LOCK STEP, STEP-ROCK-¼ TURN

1-2 Cross right over left, rock weight back onto left
&3 Step right to right side, cross left over right
4& Rock weight back onto right, step left ¼ turn left
5&6 Step forward on right, lock left behind right, step forward on right
7-8 Step forward on left, rock weight back onto right
& ¼ turn left stepping left to left side

CROSS-SIDE ROCK, TOGETHER-ROCK- BACK, ½ TURN-½ TURN (BACK), COASTER CROSS

1 Cross right over left
2-3 Step left to left side, rock weight onto right
&4 Step left next to right, step forward on right
5 Rock weight back onto left
6-7 ½ turn right stepping forward on right, ½ turn right stepping back on left
8&1 Step back on right, step left next to right, cross right over left

SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, HINGE TURN (TRAVEL SLIGHTLY LEFT)

2-3 Step left to left side, rock weight onto right
4&5 Cross step left behind right, step right to right side, cross left over right
6-7 Step right to right side, rock weight onto left
8& ½ turn left stepping right to right side, ½ turn left stepping left slightly to left side

REPEAT

RESTART

Restart on wall 3 after count 20

17-18 Cross right over left, step left to left side
19-20 Rock weight onto right, step left next to right

And restart dance from beginning

TAG

At the end of wall 2 (facing 6:00 wall), when dancing to the Kenny Rogers track only:

STEP-ROCK & BACK, BACK COASTER STEP, STEP FORWARD

1 Step forward on right (as in main dance as 8&1)
2&3 Step forward on left, rock weight back onto right, step back left
4&5 Step back on right, step left next to right, step forward on right
6 Step forward on left

ENDING

At the end of wall 5

- 1-2 Step forward on right (as in main dance as 8&1) pivot $\frac{1}{4}$ turn left (now facing home wall)
3-4 Cross step right over left, point left toe to left side
5-6 Cross step left over right, point right toe to right side and hold
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