

Heart Attack

拍数: 0 墙数: 4 级数: Improver
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音乐: Broken Heart Attack - The Cheap Seats



Sequence: AAB AAB to end.

SECTION A

SHUFFLE FORWARD TWICE, ROCK TWICE, SHUFFLE BACK TWICE, ROCK TWICE

1&2 Shuffle forward on right (right-left-right)
3&4 Shuffle forward on left (left-right-left)
5-6 Rock forward onto right, rock weight back onto left
7&8 Shuffle back on right (right-left-right)
1&2 Shuffle back on left (left-right-left)
3-4 Rock back onto right, rock forward onto left

RIGHT TOE, HEEL, TOE, HEEL, CHASSE RIGHT

5-6 Touch right toe (in left instep), touch right heel on right diagonal
7-8 Touch right toe (in left instep), touch right heel on right diagonal
1&2 Chasse/shuffle to right (right-left-right),

LEFT TOE, HEEL, TOE, HEEL, CHASSE LEFT

3-4 Touch left toe (in right instep), touch left heel on left diagonal
5-6 Touch left toe (in right instep), touch left heel on left diagonal
7&8 Chasse/shuffle to left (left-right-left)

ROCK, ROCK, ROCK, HOP, ROCK, ROCK, ROCK, HOP

1-2 Step/rock forward onto right, rock back onto left
3-4 Rock forward onto right, hop on right (gently hitch left)
5-6 Step/rock back onto left, rock forward onto right
7-8 Rock back onto left, hop on left (gently hitch right)

REPEAT ALL OF SECTION A

SECTION B

KICK, FLICK-TURN, STOMP, STOMP, HEEL SWIVEL

1-2 Kick right forward, $\frac{1}{4}$ pivot left & flick right foot behind (bending right knee)
3-4 Stomp right foot forward, stomp left foot back (so toes are slightly splayed out)
5-6 Swivel both heels outwards, return heels to center (optional-shrug shoulders up, then release)

HIPS RIGHT TWICE, HIPS LEFT TWICE, CIRCLES TWICE

7-8 Bump hips to right/diagonal twice
1-2 Bump hips to left/diagonal twice
3-6 Circle hips to the left twice (end with weight on left)

REPEAT