Heart Flutter

拍数: 48 **墙数:** 0 **级数:**

编舞者: Shirley Cameron (CAN)

音乐: Flutter - Jack Ingram

ROCK-STEPS WITH HITCHES (TRAVELING FORWARD)

1-4	Rock forward on right, rock back on left, rock forward on right, hitch left
5-8	Rock forward on left, rock back on right, rock forward on left, hitch right

STEP-TOUCH

9-12	Side step right on right foot, touch left foot beside right, side step left on left foot, touch right foot beside left

EXTENDED VINES WITH KICKS

13-16	Side step right on right foot, cross and step left behind right, side step right on right foot, cross and step left over and across right
17-20	Side step right on right foot, touch left beside right, kick left foot across body twice
21-24	Side step left on left foot, cross and step right behind left, side step left on left foot, cross and step right over and across left
25-28	Side step left on left foot, touch right beside left, kick right foot across body twice

TOUCHES, ¼ TURN WITH HITCH, FULL BEAT STEP-TOUCHES

29-32	Touch right toes to right side, cross and touch right toes over left, touch right toes to right side,¼ turn left on ball of left foot and hitch right knee
33-36	Step back on right foot, extend and touch left heel forward (leaning body back), step left foot home, touch right beside left

TOUCHES, ¼ TURN WITH HITCH, FULL BEAT STEP-TOUCHES

37-40	Touch right toes to right side, cross and touch right toes over left, touch right toes to right side,¼ turn left on ball of left foot and hitch right knee
41-44	Step back on right foot, extend and touch left heel forward (leaning body back), step left foot home, touch right beside left

HEEL JACKS

&45	Quickly step right foot back, extend and touch left heel forward on 45 degree left angle
&46	Quickly step left foot home, step right foot beside left foot (weight on right)
&47	Quickly step left foot back, extend and touch right heel forward on 45 degree right angle
&48	Quickly step right foot home, step left foot beside right foot (weight on left)

REPEAT