

Heartbeat

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Dorothy Krey (CAN)
音乐: If You Just Let Me Into Your Heart - Mary Chapin Carpenter



OUT-OUT, CLAP, IN-IN, CLAP

&1 Small step out to the right on right, small step out to left on the left
2 Hold position and clap
&3 Small step in on right, small step in on left
4 Hold position and clap

OUT-OUT, IN-IN, POINT TO THE SIDE, CROSS & UNWIND

&5 Small step out to the right on right, small step out to the left on left
&6 Small step in on the right, small step in on the left
7-8 Touch right toe out to the right side, quickly cross and step right over left and unwind ½ turn to the left

HIP BUMPS AND HIP SWINGS

9-10 Bump right hip forward twice
11-12 Bump left hip back twice
13-16 Swing hips from side-to-side, right-left-right-left

STEP TOUCHES, ¼ TURN RIGHT

17-18 Step back on right, touch left heel forward.
19-20 Step back on left, touch right heel forward.
21-22 Step back on right, touch left heel forward.
23-24 Step back on left, ¼ pivot to the right on ball of left, and touch right heel forward in direction of the new wall.

WALK FORWARD, COASTER STEP, WALK BACK COASTER STEP

25-26 Walk forward on right, walk forward on left
27&28 Step forward on right, step left beside right, step back on right.
29-30 Walk back on left, walk back on right.
31&32 Step back on left, step right beside left, step forward on left.

SIDE TOUCH, STEP ACROSS (TWICE), MODIFIED JAZZ BOX

33-34 Touch right toe to right side, cross and step right over left
35-36 Touch left toe to left side, cross and step left over right.
37-39 Cross and step right over left, step back on left, step side right on right
&40 Small hop forward landing first on left, then touch right beside left

MONTEREY TURNS

41-44 Point right toe out to the right, make ½ turn right on ball of left foot and step right beside left on completion of turn, point left toe to left side, step left beside right
45-48 Repeat steps 41-44

REPEAT