

From The Heart

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Simon Ward (AUS)
音乐: What If - Reba McEntire



ROCK, ROCK, DIAGONAL SHUFFLE, SIDE, ¼ TURN, FORWARD COASTER STEP

1-2 Left rock/step back angle 45 degrees left, right rock forward at center
3&4 Step left forward at 45 degrees right, step right next to left, step left forward at 45 degrees left
5-6 Rock/step right to right side, rock/step left onto left into ¼ turn left
7&8 Step right forward, step left next to right, step right back

ROCK, ROCK, DIAGONAL SHUFFLE, SIDE, ¼ TURN, FORWARD SHUFFLE

1-2 Left rock/step back angle 45 degrees left, right rock forward at center
3&4 Step left forward at 45 degrees right, step right next to left, step left forward at 45 degrees left
5-6 Rock/step right to right side, rock/step left onto left into ¼ turn left
7&8 Step right forward, step left next to right, step right forward

¼, ½, SHUFFLE BACK, ROCK, ROCK, SHUFFLE FORWARD

1-2 Step left into ¼ turn left, step right into ½ turn right (turns are like a skating motion)
3&4 Step left back, step right next to left, step left back
5-6 Rock/step right back, rock/step left forward
7&8 Step right forward, step left next to right, step right forward

¼, ½, SHUFFLE BACK, ROCK, ROCK, SHUFFLE FORWARD

1-8 Repeat previous 8 counts

FORWARD, ¼ & POINT FINGER SNAP, ¼, TOUCH, FORWARD, ¼ & POINT, FINGER SNAP, ¼, TOUCH

1-2 Step left forward into ¼ turn right, point right toe right (look & extend right arm out & snap fingers)
3-4 Step right into a ¼ turn right (place right hand on heart) touch left next to right
5-6 Step left forward into ¼ turn right, point right toe right (look & extend right arm out & snap fingers)
7-8 Step right into a ¼ turn right (place right hand on heart) touch left next to right

SHUFFLE, FORWARD, ½ PIVOT, SHUFFLE, SIDE, & TOUCH, SIDE

1&2 Step left forward, step right next to left, step left forward
3-4 Step right forward, pivot ½ turn left (transfer weight left)
5&6 Step right forward, step left next to right, step right forward
7&8 Step left to left side, touch ball of right foot next to left, step right to right side (drag left toe towards right)

REPEAT