

# 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