

Gentle Heart

拍数: 68 墙数: 2 级数: Intermediate
编舞者: Ros T (UK)
音乐: A Good Heart - Feargal Sharkey



RIGHT SIDE, BEHIND, & CROSS TOUCH, BEHIND, ¼ LEFT, STEP, PIVOT ¾ TURN LEFT

- 1-2 Step right to right side, step left behind right
- &3-4 Step right beside left, cross left over right, touch right to right side
- 5-6 Step right behind left, turn ¼ left stepping forward on to left
- 7-8 Step forward right, pivot ¾ turn left stepping on to left

RIGHT SIDE, LEFT TOGETHER, RIGHT CHASSE, ½ TURN LEFT SHUFFLE, RIGHT MAMBO BACK

- 9-10 Step right to right side, step left beside right
- 11&12 Step right to right side, step left beside right, step right to right side
- 13&14 Make ½ turn left stepping left to left side, step right beside left, step left to left side, (hinge turn)
- 15&16 Rock back on right, rock on to left in place, step right beside left

LEFT SIDE, TOUCH, ¼ TURN RIGHT, ¼ TURN RIGHT, ½ TURN SHUFFLE & RIGHT SIDE ROCK

- 17-18 Step left to left side, touch right toe beside left instep
- 19-20 Make ¼ turn right stepping forward on right, make ¼ turn right stepping left to side
- 21&22 Make ½ turn right stepping right to right side, step left beside right, step right to side

Alternative steps

- 19-22 Step right to side, cross left over right, right side shuffle
- &23-24 Step left beside right, rock right to right side, rock on to left in place

CROSS, POINT, CROSS, POINT, CROSS UNWIND ¾ TURN LEFT, LEFT COASTER STEP

- 25-26 Cross right over left, touch left to left side
- 27-28 Cross left over right, touch right to right side
- 29-30 Cross right over left, unwind ¾ turn left, (weight on right)
- 31&32 Step back on left, step right beside left, step forward left

RIGHT SCISSORS, HITCH LEFT, LEFT SHUFFLE FORWARD, STEP BACK, ½ TURN LEFT

- 33-34 Step right to right side, step left beside right
- 35-36 Cross right over left, hitch left knee
- 37&38 Step forward left, step right beside left, step forward left
- 39-40 Step back on right, make ½ turn left stepping forward on left

RIGHT FORWARD, TOUCH LEFT, BACK LEFT, ¼ TURN RIGHT, LEFT CROSS ROCK, LEFT BACK ROCK

- 41-42 Step forward on right, touch left beside right heel
- 43-44 Step back on left, make ¼ turn right stepping forward on right
- 45-46 Cross rock left over right, rock on to right in place
- 47-48 Rock back on left, rock on to right in place

STEP FORWARD LEFT, FLICK RIGHT, RIGHT BACK LOCK STEP, ½ TURN LEFT SHUFFLE, TOUCH & TOUCH &

- 49-50 Step left forward across right, flick right heel back
- 51&52 Step back on right, cross left over right, step back on right
- 53&54 Make ½ turn left stepping forward on left, step right beside left, step forward on left
- 55&56& Touch right to right side, step right beside left, touch left to left side, step left beside right

TOUCH ¼ TURN, KICK BALL STEP, CROSS, BACK LEFT, ¼ TURN RIGHT, STEP LEFT

57-58 Touch right to right side, swivel $\frac{1}{4}$ turn right keeping weight back on left
59&60 Kick forward right, step right beside left, step forward left
61-62 Cross right over left, step back on left
63-64 Make $\frac{1}{4}$ turn right stepping forward on right, step left beside right

RIGHT BEHIND & CROSS, LEFT SIDE STEP, TOUCH RIGHT ACROSS LEFT

65&66 Step right behind left, step left to left side, cross right over left
67-68 Step left to left side, touch right across left

REPEAT

TAG

Danced once at the end of the second wall (facing 12:00)

1-2 Step right to right side, touch left behind right
3-4 Step left to left side, touch right across left
