

Fill My Heart

拍数: 64 墙数: 4 级数: Beginner
编舞者: Alan Haywood (UK)
音乐: Fill My Heart - Dane Stevens



TOUCH TOE, HEEL, BRUSH BACK, BRUSH FORWARD, RIGHT LOCK STEP, SCUFF

1-2 Touch right toe in front of left, touch right heel in front of left
3-4 Brush right back over left, brush right forward
5-6 Step right forward, lock left behind right
7-8 Step right forward, scuff left forward

LEFT FORWARD, LOCK STEP, HOLD, RIGHT FORWARD MAMBO, HOLD

1-2 Step left forward, lock right behind left
3-4 Step left forward, hold
5-6 Rock forward onto right, recover weight back onto left
7-8 Step right next to left, hold

FULL TURN LEFT (LEFT-RIGHT-LEFT), HOLD, SIDE, BEHIND, SIDE, HOLD

1-2 Make ½ turn left, stepping left forward, step right forward
3-4 Make ½ turn left, stepping left forward, hold

Option for counts 1-4 - slow coaster step, hold

5-6 Step right to right side, step left behind right
7-8 Step right to right side, hold

WEAVE, ¼ RIGHT, STEP ½ RIGHT, STEP, HOLD

1-2 Cross step left over right, step right to right side
3-4 Cross step left behind right, step right ¼ right
5-6 Step left forward, pivot ½ right
7-8 Step left forward, hold

RIGHT FORWARD MAMBO, HOLD, ¼ LEFT SAILOR, HOLD

1-2 Rock forward onto right, recover weight back onto left
3-4 Step right next to left, hold
5-6 Make ¼ left stepping left behind right, step right to right side
7-8 Step left to left side, hold

WEAVE RIGHT, SIDE ROCK, RECOVER, CROSS, HOLD

1-2 Step right to right side, step left behind right
3-4 Step right to right side, cross step left over right
5-6 Rock right to right side, recover weight onto left
7-8 Cross step right over left, hold

WEAR LEFT, SIDE ROCK, RECOVER, CROSS, HOLD

1-2 Step left to left side, step right behind left
3-4 Step left to left side, cross step right over left
5-6 Rock left to left side, recover weight onto right
7-8 Cross step left over right, hold

RIGHT FORWARD MAMBO, HOLD, ¼ LEFT SAILOR, HOLD

1-2 Rock forward onto right, recover weight back onto left
3-4 Step right next to left, hold

5-6
7-8

Make $\frac{1}{4}$ left stepping left behind right, step right to right side
Step left to left side, hold

REPEAT
