

Eternal Flame

拍数: 36 墙数: 4 级数: Improver
编舞者: The Hedgehogs (UK)
音乐: Eternal Flame - Atomic Kitten



ROCK AND CROSSES, JUMP BACK, CROSS SHUFFLE

1&2 Rock right to right, rock weight on to left, cross right over left
3&4 Rock left to left, rock weight on to right, cross left over right
&5-6 Jump back feet shoulder width apart right, left, hold
7&8 Cross right over left, step left to left, cross right over left

ROCK STEP, TURNING SHUFFLE, ROCK STEP, COASTER STEP

9-10 Step left to left, rock weight onto right making a $\frac{1}{4}$ turn right
11&12 Make a full turn to right stepping left, right, left
Or shuffle forward left, right, left without turns
13-14 Rock right forward, rock back on left
15&16 Step back on right, step left together, step right forward

STEP PIVOT, SHUFFLE, KICK BALL STEP KICK BALL TOUCH

17-18 Step left forward, pivot $\frac{1}{2}$ turn right
19&20 Shuffle forward left, right, left
21&22 Kick right forward, step on ball of right next to left, step left forward
23&24 Kick right forward, step on ball of right next to left, touch left backwards

HEEL SWIVELS WITH $\frac{1}{2}$ TURN LEFT, KICK BALL STEP, KICK BALL TOUCH

&25&26 With knees slightly bent, swivel on balls of both feet to right, left, right, left
&27&28 Repeat steps &25-26
During steps & 25 to 28, you will be making a $\frac{1}{2}$ turn in total to the left
29&30 Kick right forward, step on ball of right next to left, step left forward
31&32 Kick right forward, step on ball of right next to left, touch left backwards

HEEL SWIVELS WITH $\frac{1}{2}$ TURN LEFT

&33&34 With knees slightly bent, swivel on balls of both feet to right, left, right, left
&35&36 Repeat steps & 33-34
During steps & 33 to 36, you will be making a $\frac{1}{2}$ turn in total to the left

REPEAT

On the heel swivels (&25-28 and &33-36), hold hands in front as if holding a guitar (left palm facing forward, right palm facing your body) and swing arms right, left, right, left in time with your heel swivels.
