

Deep In My Heart

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Abby Bayford (UK)
音乐: Deep In My Heart - Britney Spears



LEFT TOE, BALL CROSS, STEP LEFT, DRAG RIGHT FOOT, SWIVEL ¼ LEFT, SWIVEL ¼ RIGHT, SWIVEL ¼ LEFT, SWIVEL ½ RIGHT

- 1&2 Touch left toe beside right foot, roll left knee to left stepping down on left, cross right foot over left foot,
3-4 Step left foot large step to left, drag right foot next to left (keep right foot touches next to left)
5 Swivel ¼ turn left on the ball left foot stepping right foot slightly forward
6 Swivel ¼ turn right on the ball right foot stepping left foot slightly forward
7 Swivel ¼ turn left on the ball left foot stepping right foot slightly forward
8 Swivel ½ turn right on the ball right foot stepping left foot next to right

RIGHT TOE TOUCHES, RIGHT SAILOR STEP, TOUCH RIGHT TOE TO RIGHT SIDE, WEIGHT CHANGE PUSHING RIGHT HIP TO RIGHT SIDE, LEFT KICK, CROSS, TOUCH RIGHT TO RIGHT SIDE

- 9-10 Point right toe forward, point right toe to right side
11&12 Cross right foot behind left foot, step left foot to left side, step right foot in place
&13 Step left foot in place, touch right toe out to right side pushing left hip out to left
14 Change weight onto right foot pushing right hip out to right side (pushing out the right hip helps emphasize the weight change)
15&16 Kick left foot forward, cross left foot across right foot, touch right foot out to right side

CROSS RIGHT FOOT OVER LEFT, KICK LEFT FOOT TO LEFT DIAGONAL, UNWIND ½ TURN RIGHT, SKATE STEP ¼ TURN RIGHT, SKATE STEP ½ TURN LEFT, WALKS FORWARD RIGHT, LEFT (WITH ATTITUDE)

- 17-18 Cross right foot in front of left, kick left foot to left diagonal
19-20 Cross left foot in front of right, unwind ½ turn right (weight remaining on left foot),
21 Swivel on ball of left foot ¼ turn right, stepping right foot to right side (skate step)
22 Swivel on ball of right foot ½ turn left, stepping left foot to left side (skate step)
23-24 Step right foot forward, step left foot forward (with attitude)

RIGHT CHASSE RIGHT, ROCK BACK LEFT, RECOVER RIGHT, POINT LEFT TOE LEFT, HITCH LEFT KNEE HOPPING SLIGHTLY ON TO RIGHT FOOT, TOUCH LEFT HEEL TO LEFT DIAGONAL, STEP LEFT FOOT LARGE STEP BACK DRAG RIGHT FOOT NEXT TO LEFT,

- 25&26 Step right foot to right side, close left foot beside right, step right foot to right side
27-28 Rock back on left foot, recover weight forward to right foot
29&30 Point left toe to left side, hitch left knee hopping slightly on to right foot, touch left heel forward to right diagonal
31-32 Step left foot large step back, drag right foot back towards left foot, stepping right foot next to left

REPEAT
