

Children Of My Heart

拍数: 24 墙数: 4 级数: Improver waltz
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音乐: Queen of My Heart - Westlife



Dedicated to the children of Naomi House, Sutton Scotney, Nr. Winchester. Hants.!

LEFT & RIGHT TWINKLES

- 1 Turning into right diagonal cross step left over right
- 2 Step right to side as you turn to face start wall
- 3 Step left next to right
- 4 Turning into left diagonal cross step right over left
- 5 Step left to side as you turn to face start wall
- 6 Step right next to left

½ TURN LEFT BASIC WALTZ STEP TWICE

- 7 Step forward left making ¼ turn left
- 8 Step forward right making ¼ turn left
- 9 Step left next to right
- 10 Step back on right making ¼ turn left
- 11 Step forward left making ¼ turn left
- 12 Step right next to left

You are moving forward over counts 7 to 12

BASIC WALTZ STEP BACK TWICE

- 13 Step back left on left diagonal
- 14 Step right next to left
- 15 Step left next to right
- 16 Step back right on right diagonal
- 17 Step left next to right
- 18 Step right next to left

Hand positions for counts 13 to 20: hold hands with the person either side of you

CROSS ROCK ¼ TURN LEFT, SIDE, SLIDE, TOUCH

- 19 Cross rock left over right
- 20 Rock on to right in place
- 21 Turn ¼ left stepping left forward
- 22 Step right long step to right
- 23 Slide left next to right
- 24 Touch left next to right

Arm movements for counts 22-24

- 22 Cross arms in front of chest. Left over right
- 23-24 Push arms out & down to sides right to right side, left to left side

REPEAT