

I've Heard It All

拍数: 32 墙数: 4 级数: Improver
编舞者: Angela Rushing (USA)
音乐: Better Place Than This - Tracy Byrd : (CD: Different Things)



Dance starts: 32 count intro (start on the words ?You ain?t?)

TOE, HEEL, SHUFFLE FORWARD

1-4 Touch right toe and heel next to the left, shuffle forward- right, left, right
5-8 Touch left toe and heel next to the right, shuffle forward- left, right, left

SIDE ROCK, CHA-CHA 2X

9-10 Step right to side, recover onto left
11-12 Cha-cha in place (right, left, right)
13-14 Step left to side, recover onto right
15-16 Cha-cha in place (left, right, left)

UNWIND ½, SHUFFLE, CROSS ROCK, CHASSE RIGHT, CROSS, ¼ TURN

17-18 Cross step right foot behind left, unwind 1/2 turn over right shoulder (Weight should be on right foot)
19-20 Shuffle left, right, left
21-22 Cross rock right over left, making ¼ turn onto right
23-24 Step right to right side, close left beside right, step right to right

HEEL SPLITS, TAP 4X

25-26 Keep weight on balls of feet move both heel out at the same time and then back together
27-28 Repeat 25&26
29-30 Tap right foot twice (optional; look above)
31-32 Tap left foot twice (optional; look forward)

Repeat counts 1-32 Enjoy dancing and have fun!
