Heart Of Mine



拍数: 48 墙数: 2 级数: Intermediate

编舞者: Ross Brown (ENG) - August 2007

音乐: Heart of Mine - Helena Paparizou: (CD: The Game Of Love)



MAMBO FORWARD, MAMBO BACK, SIDE MAMBO, SIDE MAMBO TOUCH

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1&2	Rock forward with right, recover onto left, step right next to left
3&4	Rock back with left, recover onto right, step left next to right.
5&6	Rock right to the right, recover onto left, step right next to left.
7&8	Rock left to the left, recover onto right, touch left next to right.

& ¾ TURN SWEEP, STEP LOCK STEP, STEP LOCK, STEP, HIP BUMPS

Step left next to right, make a ¾ turn left sweeping right foot around left.
Step forward with right, lock left behind right, step forward with right.
Step forward with left, lock right behind left, step forward with left.

6-7 Bump hips; right, left. 88 Bump hips; right, left.

CROSS, BACK, & LOCK BACK LOCK, SIDE, BACK, EXTENDED CROSS SHUFFLE

1-2 Cross step right over left, step back with left.

Step back with right, lock left infront of right, step back with right, lock left infront of right.

5-6 Step right to the right, step slightly back with left.

7&8&1 Cross step right over left, close left up to right, cross step right over left, close left up to right,

cross step right over left.

3/4 UNWIND, CROSS SIDE ROCK, CROSS SIDE ROCK, TOUCH BALL STEP

2 Unwind a ¾ turn left.

3&4 Cross right over left, rock left to the left, recover onto right.5&6 Cross left over right, rock right to the right, recover onto left.

7&8 Touch right next to left, step right next to left, step slightly forward with left.

TAGS: Danced twice on wall 2 and once on wall 4 after completing this section, both times facing 12 o'clock, then start the dance again.

1-2 Rock back with right, recover onto left.

EIGHT SHAPE - STEP, ¼ TURN STEP, ¼ TURN SHUFFLE, STEP, ¼ TURN STEP, ¼ TURN SHUFFLE

1-2 Step right forward to left diagonal, make a ¼ turn right stepping left forward to left diagonal.

Make a ¼ turn right stepping right forward to left diagonal, close left up to right, step right

forward to right diagonal.

5-6 Step left forward to right diagonal, make a ¼ turn left stepping right forward to right diagonal.

7&8 Make a ¼ turn left stepping left forward to right diagonal, close right up to left, step left

forward to left diagonal.

CROSS & HEEL, & CROSS & HEEL, & CROSS, BACK, & SHUFFLE FORWARD

1&2 Cross step right over left, step left to the left, tap right heel forward.

&3&4 Step right next to left, cross step left over right, step right to the right, tap left heel forward.

&5-6 Step left next to right, cross step right over left, step back with left.

&7&8 Step right next to left, step forward to left, close right up to left, step forward to left.