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拍数: 64 墙数: 4 级数: Intermediate

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音乐: S.M.S. To My Heart - Modern Talking: (Album: America, 10th)



32 Count Intro

Section 1 Step Forward, Toe Touch, Jazz Jump Back, Clap, Cross Rock, Shuffle ½ turn Right.

1-2 Step forward to right diagonal on right, touch left toe beside right.

&3 Jump back on left, right (feet shoulder width apart).

4 Clap.

5-6 Cross rock right over left, recover weight onto left. 7&8 make a half turn right stepping on right, left, right.

Section 2 Step Forward, Toe Touch, Jazz Jump Back, Clap, Cross Rock, Chasse Right With 1/4 Turn

Riaht.

9-10 Step forward to left diagonal on left, touch right toe beside left.

&11 Jump back on right, left (shoulder width apart).

12 Clar

13-14 Cross rock right over left, recover weight onto left.

15&16 Step right to right side, close left beside right, make a quarter turn right stepping forward on

right.

Section 3 Lock Steps, Forward Rock, Shuffle ½ Turn Left.

Step forward on left, lock right behind left, step forward on left.

Step forward on right, lock left behind right, step forward on right.

21-22 Rock forward on left, recover on right.

23&24 make a half turn left stepping on left, right, left.

Section 4 Walk Forward, Kick-Ball-Change, Toe Touches.

25-26 Step Forward on right, step forward on left.

27&28 Kick right forward, step down on right (taking weight), change weight onto left.

29&30 Touch right toe forward, close right beside left, touch left toe forward.

31-32 Touch left toe across right, touch left toe forward.

Section 5 Toe Touch, Sailor Step, Toe Touch, Side Rock, Triple Step Full Turn Right.

33 Touch left toe to left side.

34&35 Cross left behind right, step right to right side (taking weight), replace weight onto left.

36 Touch right toe beside left.

NOTE: When dancing Wall 4 Restart dance here (you? Il be facing 12 o?clock at this point).

37-38 Rock right to right side, recover weight onto left. 39&40 Make a full turn right stepping on right, left, right.

Section 6 Side Step, Sailor Step, Toe Touch, Side Rock, Sailor Step With ½ Turn Left.

41 Step left to left side.

42&43 Cross right behind left, step left to left side (taking weight), replace weight onto right.

44 Touch left beside right.

45-46 Rock left to left side, recover on right.

47&48 Cross left behind right, make a quarter turn left stepping right beside left, make a quarter turn

left stepping left beside right.

Section 7 Rock & Cross x2, Toe Touches, Rock & Cross.

49&50 Rock right to right side, recover weight onto left, cross right over left. 51&52 Rock left to left side, recover weight onto right, cross left over right.

Touch right toe to right side, touch right toe beside left.

55&56 Rock right to right side, recover weight onto left, cross right over left.

Section 8	Toe Touches, Rock & Cross, ½ Turn Left, Full Turn Left.
57-58	Touch left toe to left side, touch left to beside right.
59&60	Rock left to left side, recover weight onto right, cross left over right.
61-62	Make a quarter turn left stepping back on right, make a quarter turn left stepping left to left side.
63-64	Make a half turn left stepping back on right, make a half turn left stepping forward on left.

TAG? To Be Applied at the end of wall 1 (Facing Right Hand Side Wall? 3 o?clock).

4 Counts- Step Forward, Close, Step Back, Close.

1-2 Step forward on right, close left beside right.3-4 Step back on right, close left beside right.

RESTART: When dancing wall 4 only dance as far as count 36 (Toe Touch) then restart dance from beginning (You will be facing front wall at this point ? 12 o?clock).

Begin Again.