

Patient Heart

拍数: 32 墙数: 4 级数: Beginner
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音乐: Patient Heart - Bekka & Billie



Count In: 8 counts from the first heavy drum beat on vocal

(1-8) Right Side Shuffle, Back Rock, Recover, Left Side Shuffle Turning ¼ Right, Back Rock, Recover

1&2 Step Right to side right, step Left next to right, step Right to side right
3-4 Rock Left back, recover onto Right
5&6 Turn ¼ right step Left to side left, step Right next to left, step Left to side left (3:00)
7-8 Rock Right back, recover onto Left

(9-16) Travelling Forward Heel Swivels 4x, Coaster Step, Pivot ¼ Left

1 Step Right forward at the same time swivel Right heel fanning heel from left to right
2 Step Left forward at the same time swivel Left heel fanning heel from right to left
3, 4 Repeat right and left heel fan/swivel traveling forward
5-7 Step right back, step left to right, step right forward
8 Pivot ¼ turn left, weight on left (12:00)

(17-24) Shuffle Forward, Step, Pivot ¼ Turn Right, Cross Shuffle, Walk Back 2 Steps

1&2 Step forward right, step left to right, step forward right
3-4 Step forward left, pivot ¼ turn right (3:00)
5-6 Cross step left over right, step right to right, cross step left over right
7-8 Walk back on right, left

(25-32) Right Back Rock, Recover, Side Step, Heel Tap, Side Step, Hitch, Point, Hitch

1-2 Rock back on right, recover onto left
3-4 Step right to side right, Tap left heel across right
5-6 Step left to side left, Hitch right knee up
7-8 Point R toe to side right, Hitch right knee up

Start Again
