Put A Little Love In Your Heart



拍数: 32 墙数: 4 级数: Intermediate

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音乐: Put a Little Love In Your Heart - Scooter Lee: (CD: Home To Louisiana)



Two Kick Ball Crosses, Syncopated Vine Right, Cross Rock, Recover

1&2 Kick right diagonally forward, rock right back (with ball of foot), cross left over right

3&4 Repeat counts 1&2

&5-6 Step right to side, cross left behind right, step right to side

7-8 Cross/rock left over right, recover to right

(&) Cross, 1/4 Turn, Back Triple, Coaster Step, Forward Rock, Recover

&1-2 Step left to side, cross right over left, turn ¼ right and step left back

3&4 Step right back, step left together, step right back5&6 Step left back, step right together, step left forward

7-8 Rock right forward, recover to left

Hustle Switches: ½ Turns Right And Left

&1-2 Rock right back (with ball of foot), recover to left, step right forward and turn ¼ right

3-4 Turn ¼ right and step left back, step right back

&5-6 Rock left back (with ball of foot), recover to right, step left forward and turn 1/4 left

7-8 Turn ¼ left and step right back, step left back

Side Ball Change, 3 Step Jazz Box, Heartbeat Slide Left, Right, Left & Left

&1 Rock right to side (with ball of foot), recover to left
2-4 Cross right over left, step left back, step right to side

5-6 Step left to side (leading with left hip. Bend knees slightly and keep them bent until the end of

the dance), step right to side (leading with right hip)

7&8 Step left to side (with left hip lead), step right together (hips still left), step left to side (with left

hip lead)

Optional: pat right hand over heart 4 times on counts 5,6,7,8 Counts 5-8 do not travel forward, it just goes side to side

Repeat