

Helium Hearts

拍数: 64 墙数: 2 级数: Intermediate Cha Cha Rhythm
编舞者: Malene Jakobsen (DK) - July 2011
音乐: Helium Hearts - Jason Reeves : (Single)



Intro: 32 counts, 20 seconds into track just before vocals, dance begins with weight on R

Note: Dedicated to Niels Poulsen and Julia Wetzel, thank you for giving me help and advice when I need it.

[1-9] Side, back rock, chasse, back rock, 1/2, 1/4

1-2-3 (1) Step L to L, (2) rock back on R, (3) recover onto L 12.00
4&5 (4) Step R to R, (&) step L next to R, (5) step R to R 12.00
6-7 (6) Rock back on L, (7) recover onto R 12.00
8&1 (8) Step fwd. on L, (&) turn 1/2 R, (1) turn 1/4 R stepping L big step L 9.00

[10-17] Drag, behind, side, cross shuffle, 1/4, 1/4 shuffle

2&3 (2) Drag R towards R, (&) cross R behind L, (3) step L to L 9.00
4&5 (4) Cross R over L, (&) step L to L, (5) cross R over L 9.00
6-7 (6) Turn 1/4 L rocking fwd. on L, (7) recover onto R 6.00
8&1 (8) Turn 1/4 L stepping L to L, (&) step R next to L, (1) step L to L 3.00

[18-25] Cross, side, sailor 1/4, rock step, back lock,

2-3 (2) Cross R over L, (3) step L to L 3.00
4&5 (4) Turn 1/4 stepping back on R, (&) step L next to R (5) step fwd. on R 6.00
6-7 (6) Rock fwd. on L, (7) recover onto R 6.00
8&1 (8) Step back on L, (&) lock R across L, (1) step back on L 6.00

[26-33] Point, jazz box, cross rock, 1/4, 1/2

2-3 (2) Point R to R, (3) cross R over L 6.00
4-5 (4) Step back on L, (5) step R to R 6.00
6-7 (6) Rock L across R, (7) recover onto R 3.00
8-1 (8) Turn 1/4 L stepping fwd. on L, (1) turn 1/2 L stepping back on R (start sweeping L) 9.00

[34-41] Sweep, back rock, shuffle 1/2, back rock, shuffle 1/2

2&3 (2) Sweep L from front to back, (&) rock back on L, (3) recover onto R 9.00
4&5 (4) Turn 1/4 R stepping L to L, (&) step R next to L, (5) turn 1/4 R stepping back on L 3.00
6-7 (6) Rock back on R, (7) recover onto L 3.00
8&1 (8) Turn 1/4 L stepping R to R, (&) step L next to R, (1) turn 1/4 L stepping back on R (start sweeping L) 9.00

[42-49] Sweep, back rock, shuffle 1/2, 1/4, cross, side, behind

2&3 (2) Sweep L from front to back, (&) rock back on L, (3) recover onto R 9.00
4&5 (4) Turn 1/4 R stepping L to L, (&) step R next to L, (5) turn 1/4 R stepping back on L 3.00
6-7 (6) Turn 1/4 R stepping R to R, (7) cross L over R 6.00
7-8-1 (8) Step R to R, (1) step L behind R (start sweeping R) 6.00

[50-57] Sweep, behind, side, cross shuffle, flick, recover, point, cross

2&3 (2) Sweep R from front to back, (&) step R behind L, (3) step L to L 6.00
4&5 (4) Cross R over L, (&) step L to L, (5) cross R over L 6.00
6-7 (6) Flick L behind R, (7) recover onto L 6.00
8-1 (8) Point R to R, (1) cross R over L 6.00

[58-64] Side rock, cross rock, side, hold, ball step, hold, ball

2-3 (2) Rock L to L, (3) recover onto R 3.00

4&5 (4) Rock L across R, (&) recover onto R, (5) step L to L 6.00
6&7 (6) Hold, (&) step R next to L, (7) step L to L

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