

Heartbeat

拍数: 32 墙数: 4 级数: Improver
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音乐: Heartbeat - Dave Sheriff



FWD LOCKS FWD, BACK LOCKS BACK

1&2 LF step Fwd, RF step lock behind LF, LF step Fwd
3&4 RF step Fwd, LF step lock behind RF, RF step Fwd
5&6 LF step Back, RF step lock in front of LF, LF step Back
7&8 RF step Back, LF step lock in front of RF, RF step Back

WALK, WALK, STEP FWD, STEP TO SIDE, STEP TOGETHER

1-2 LF walk Fwd, RF walk Fwd
3&4 LF long step Fwd, Step RF to side, LF step beside RF
5-6 RF walk Back, LF walk Back
7&8 RF long step Back, Step LF to side, RF step beside LF

LEFT SCISSORS, RIGHT SCISSORS 1/4 TURN LEFT, COASTER STEPS

1&2 LF step to side, RF step beside LF, LF cross in front of RF
3&4 RF step to side, LF step beside RF making 1/4 turn left, RF step Fwd (facing 9 o'clock)
5&6 LF step Fwd, RF step beside LF, LF step Back
7&8 RF step Back, LF step beside RF, RF step Fwd

LONG STEP, STEP, STOMP, STOMP

1-2 LF long step to Side, RF step beside LF
3&4 Stomp LF, Stomp RF, Stomp Step LF
5-6 RF long step to Side, LF step beside RF
7&8 Stomp RF, Stomp LF, Stomp Step RF

Repeat....
