

# My Heart

拍数: 24      墙数: 4      级数: Improver  
编舞者: Sabine Najda - January 2012  
音乐: Oh My Heart - R.E.M.



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## Basic Waltz, ½ Turn Waltz

- 1            LF step forward
- 2-3        Step RF together, Step LF in-place
- 4            RF step back turning ½ left
- 5-6        Step LF together, Step RF in-place

## Step, Point, Hold, Back Step, Point, Hold

- 1            LF step forward
- 2-3        Point RF right, Hold
- 4            RF Step back and cross behind LF
- 5-6        Point LF left, Hold

## Cross, Side, Behind, Sweep ¼ Turn

- 1            Cross LF over RF
- 2-3        Step RF to side, Cross LF behind RF
- 4-6        Sweep right back turning ¼ right (keep toes close to the floor)

## Behind, Side, Cross, Ronde

- 1            Cross RF behind LF
  - 2-3        Step LF to side, Cross RF over LF
  - 4-6        Sweep left to front (keep toes close to the floor)
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