

Tiny Black Heart

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Hayley Wheatley (UK) - September 2012
音乐: Black Heart - Stooshe : (EP - iTunes)



This dance is choreographed as an 'easy option' or Floor Split to Kate Sala's wonderful "Black Heart" dance.

16 count intro.

Rock Back, Cross Step, Chasse, Rock Back, Cross Step, Chasse With 1/4 Turn Right.

1, 2 Cross rock on L behind R. Cross step on R over L.
3 & 4 Step L to left side. Step R next to L. Step L to left side.
5, 6 Cross rock on R behind L. Cross step L over R.
7 & 8 Turn 1/4 right stepping forward on R. Step L next to R. Step forward on R. (3 o'clock)

Rock Forward, Recover, Shuffle Back, Rock Back, Recover, Shuffle forward.

1, 2 Rock forward on L. Recover back on R.
3 & 4 Step back on L, Step R next to L, Step back on L.
5, 6 Rock back on R. Recover forward on L.
7 & 8 Step forward on R. Step L next to R. Step forward on R.

Heel Switches and touch, Steps Back, Coaster Step

1 & 2& Tap L heel forward, Step L next to R, Tap R heel forward, Step R next to L.
3 & 4 Tap L heel forward, Step L next to R, Touch R toe next to L foot.
5, 6 Step back on R, Step back on L.
7 & 8 Step back on R, Step L next to R, Step forward on R

Grapevine Left, Step & Sway Right, Sway Left, Sailor Step.

1, 2 Step L to L side, Cross step R behind L.
3, 4 Step L to L side, Touch R toe next to L foot.
5, 6 Step R to right side swaying hips right. Sway hips left.
7 & 8 Cross step R behind L. Step L to left side. Step R to right side.

Start Again!
