

Bonfire Heart

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2013
音乐: Bonfire Heart - James Blunt



Start after 8 count intro

(just over 5 secs into the song start counting from the 1st beat and the first step is executed 2 counts before the vocals kick in) – 118bpm – 3mins 58 secs

Thanks to Matt Grocott for recommending the song

[1-8] R step touch, L kick ball cross, ½ R hinge, L ball cross side

1-2 Step R side, touch L together
3&4 Kick L forward, step L back, cross step R over L
5-6 Turning ¼ right step L back, turning ¼ right step R side (6 o'clock)
&7-8 Step L together, cross step R over L, step L side

[9-16] R touch kick ball cross, ½ L hinge, R touch ball cross ¼ L

1,2&3 Touch R together, kick R forward, step R back, cross step L over R
4-5 Turning ¼ left step R back, turning ¼ left step L side (12 o'clock)
6&7-8 Touch R together, step R back, cross step L over R, turning ¼ left step R back (9 o'clock)

[17-24] L back rock/recover, L fwd shuffle, R fwd rock/recover, R coaster cross

1-2 Rock L back, recover weight on R
3&4 Step L forward, step R together, step L forward
5-6 Rock R forward, recover weight on L
7&8 Step R back, step L together, cross step R over L

[25-32] L side, hold, R together, L side, R touch, ¾ turn R, R coaster

1-2& Step L side, hold, step R together
3-6 Step L side, touch R together, turning ¼ right step R forward, turning ½ right step L back
7&8 Step R back, step L together, step R forward (6 o'clock)

[33-40] L fwd, hold, R together L fwd, R touch fwd, R touch back, ¼ R reverse pivot turn, L cross, R back

1-2& Step L forward, hold, step R together
3-6 Step L forward, touch R forward, touch R back, turning ¼ right step R down (9 o'clock)
7-8 Cross step L over R, step R back

[41-48] L together, walk fwd 2, R fwd rock/recover, R back shuffle, L coaster

&1-4 Step L together, step R forward, step L forward, rock R forward, recover weight on L
5&6 Step R back, step L together, step R back
7&8 Step L back, step R together, step L forward

[49-56] R fwd, ¼ L pivot turn, R cross shuffle, L side rock/recover, L behind-side-cross

1-2 Step R forward, pivot ¼ left (6 o'clock)
3&4 Cross step R over L, step L side, cross step R over L
5-6 Rock L side, recover weight on R
7&8 Cross step L behind R, step R side, cross step L over R

[57-64] R side rock/recover, ¼ R & R together, L side rock/recover, step L tog, ¼ R step R fwd, L fwd, ¼ R pivot turn, L cross step

1-2& Rock R side, recover weight on L, turning ¼ right step R together (9 o'clock)
3-4& Rock L side, recover weight on R, step L together

5-8 Turning $\frac{1}{4}$ right step R forward, step L forward, pivot $\frac{1}{4}$ right, cross step L over R (3 o'clock)

Wall 5 TAG: At the end of wall 4, facing front, add the following 4 counts and start again:

1-4 Rock R side, recover weight on L, rock R back, recover weight on L

ENDING: Wall 7 is the final wall. Facing back dance 56 counts to bring you to front and add the following:

1-2& Rock R side, recover weight on L, step R together

3-4&5 Rock L side, recover weight on R, step L together, step R forward, strike a pose! –The End!
