Grateful Heart

拍数: 32   墙数: 2   级数: Intermediate

编舞者: Leong Mei Ling (MY) - May 2014

音乐: Gan En De Xin by Ouyang Fei Fei

Note: This dance (and song) is dedicated to all mothers, fathers, guardians and anyone who has given of their love, time & support in nurturing a fellow human being along his/her journey in this lifetime.
On a personal note, this dance is specially dedicated to my mom & my mom-in-law (deceased March 2014) for guiding me in my life's journey.

Intro: □32+4 counts (One Restart: on Wall 4 after count 28 , restart facing 12:00)

Section 1: R BASIC NC, 1/4R BACK, 1/4R SIDE, CROSS, R BASIC NC, 1/4R BACK, 1/4R SIDE, CROSS, FWD, FWD PRESS□□

1-2&3	Step R to right side, step L behind R, cross R over L, 1/4 turn right step back L [3:00] □□continue turning another 1/4 right (weight still on LF) draw R towards L [6:00]
4&	Step R to right side, cross L over R
5-6&7&	Step R to right side, step L behind R, cross R over L, 1/4 turn right step back L, 1/4 right step R to side [12:00]
8&1	Step L fwd to R diagonal, step R fwd, press L fwd [1:30]

Section 2:□BACK-SWEEP (2X), 3/8L WEAVE, 1/2R PIVOT, HITCH/LIFT, 1/2L, POINT L BACK

2-3	Recover R, sweep L front to back, step L back, sweep R front to back
4&5	Step R behind L, 3/8 left step L forward, step R forward [9:00]
6&7	Step L fwd, 1/2 right step R fwd, draw L towards R (or hitch/lift L beside R) [3:00]
8&1	Step L fwd, 1/2 turn left step R back, point/extend L behind (prep for 3/4 turn) [9:00]

Section 3: 3/4R TURN, POINT L, CROSS ROCK SIDE, CROSS BACK BACK, CROSS BACK, SIDE 1/4L

2-3	Weight still on R, turn 3/4 right (keeping L tucked close beside R heel), point L to left [6:00]

[Easier option: straighten R drawing L towards R as you make 1/4 turn left(2), point L to left (3)]

4&5	Step L across R, recover weight to R, step L to side
6&7&	Cross R over L, step L back to left diagonal, step R to right diagonal, cross L over R [6:30]
8&	1/8 left step R back, 1/4 left step L to side [3:00]

Section 4:□ACROSS, RECOVER SIDE CROSS, RECOVER, COASTER, JAZZ BOX CROSS

1-2&	Step R across L [1:30], recover L, step R to side
3-4	Step L across R [4:30], recover R **Restart here (Wall 4)
5&6	Step L back, step R beside L, step L fwd
7&8&	Step R across L, step L back, step R to side [6:00], step L across R

**Restart::
To Restart, add an '&' count after count 28 (Section 4), on Wall 4.
Example below:

3-4	Step L across R, recover R
&	Step L behind R (**Restart by squaring to right wall)

Contact: linedanz@gmail.com