

My Tender Heart

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Katrin Gäbler (DE) - July 2014
音乐: Tender Heart - Lionel Richie



Intro: □8 counts from the heavy beat, begin on lyrics

[1-8] □ Cross, Rock, Recover, Chassé Right, Cross Rock, Recover, Chassé ¼ Left □

1-2 Step right across left, weight back on left □12.00
3&4 Step right to right, (&) close left next to right, step right to right □12.00
5-6 Step left across right, weight back on right □12.00
7&8 Step left to left, (&) close right next to left, step left ¼ left fwd □9.00

[9-16] □ Prissy Walk R+L, Step, Lock Step, Rock Step, Recover, ¾ Triple Turn Left □

1-2 Step right across left fwd, step left across right fwd □9.00
3&4 Step right fwd, (&) cross left behind right, step right fwd □9.00
5-6 Rock left fwd, weight back on right □9.00
7&8 ¾ Triple Turn on place stepping l,r,l □12.00

[17-24] □ Step, Touch Back, Shuffle Back, Back, Touch Fwd, Shuffle Fwd □

1-2 Step right fwd, touch left behind right (Body angled a little left) □12.00
3&4 Step left back, close right next to left, step left back □12.00
5-6 Step right back, touch left fwd (Body angled a little right) □12.00
7&8 Step left fwd, (&) close right next to right, step left fwd □12.00

Tag and Restart here in wall 6! (9.00) □

[25-32] □ Sway, Sway, Chassé Right, Sway, Sway, Chassé Left □

1-2 Step right to right and sway hips right & left □12.00
3&4 Step right to right, (&) close left next to right, step right to right □12.00
5-6 Step left to left and sway hips left & right □12.00
7&8 Step left to left, (&) close right next to left, step left to left □12.00

[33-40] □ Cross, Side, Sailor Step, Cross, Side, Sailor Turn ½ Left with Cross □

1-2 Step right across left, step left to left □12.00
3&4 Cross right behind left, (&) step left to left, step right to right □12.00
5-6 Step left across right, step right to right □12.00
7&8 ½ turn left and cross left behind right, (&) step right to right, step left across right □6.00

[41-48] □ Side, Hold, & Side, Touch, Side, Hold, & Side, Touch □

1-2 Step right to right, Hold □6.00
3&4 (&) close left next to right, step right to right, touch left next to right □6.00
5-6 Step left to left, Hold □6.00
7-8 (&) close right next to left, step left to left, touch right next to left □6.00

[49-56] □ Back Rock, Recover, Shuffle Fwd, Jazz Box with Hold □

1-2 Rock right back, recover on left □6.00
3&4 Step right fwd, (&) step left next to right, step right fwd □6.00
5-6 Step left across right, step right back □6.00
7&8 Step left to left, Hold *** Restart here in wall 1 & 3*** □6.00

[57-64] □ Cross, Sweep, Cross Shuffle, & Point, ¼ Left Down, Step, Step □

1-2 Step right across left, sweep left from back to front □6.00
3&4 Step left across right, (&) step right to right, step left across right □6.00

&5-6 (&) step right to right, point left to left, ¼ turn left stepping left down □ 3.00
7-8 Step fwd on right + left □ 3.00

Tag □ 4 Counts Tag during wall 6 after count 24 (Shuffle fwd) ! Start over again ! □

[1-4] □ Side Left and Hip Sways R,L,R,L □

1-4 Step Right And Sway Hips R,L,R,L □ 9.00

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