

Unchained Heart

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Mike Stringer (UK) - January 2015
音樂: Unchain My Heart - Ray Charles



#16 Count Intro

SIDE, TOGETHER, SIDE TOUCH X2

1-2 Step right to right side, Step left next to right
3-4 Step right to right side, Touch left next to right
5-6 Step left to left side, Step right next to left,
7-8 Step left to left side, Touch right next to left

FORWARD, TOUCH, BACK, TOUCH, BACK TOUCH, FORWARD, BRUSH

1-2 Step right forward, Touch left next to right
3-4 Step left back, Touch right next to left
5-6 Step right back, Touch left next to right
7-8 Step left forward, Brush right foot from back to forward

WALK FORWARD RIGHT, LEFT, RIGHT, KICK LEFT, WALK BACK LEFT, RIGHT, LEFT, TOUCH

1-2 Walk forward on right, Walk forward on left
3-4 Walk forward on right, Kick left forward
5-6 Walk back on left, Walk back on right
7-8 Walk back on left, Touch right next to left (putting weight on balls of feet)

SWIVEL HEELS, TOES, HEELS, CLAP, GRAPEVINE ¼ LEFT, STOMP WITH CLAP

1-2 Swivel heels right, Swivel toes right
3-4 Swivel heels right, clap hands (putting weight on right)
5-6 Step left to left side, Step right behind left
7-8 Step forward left turning ¼ over left shoulder, Stomp right next to left as you clap (or click)

BEGIN AGAIN, ENJOY, SMILE

Contact: peppermintpolo1@hotmail.co.uk
