

Boom Boom Heart (怦然心動) (zh)

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Ingrid Kan (TW) - 2015年04月
音樂: Boom Boom Goes My Heart - Alex Swings Oscar Sings!



#32 counts in- Start on the word "heart"

[1-8] Left scissor step, Hold, $\frac{3}{4}$ turn left, R fwd, Pivot $\frac{1}{4}$ turn

- 1-4 Step left to left side, Step right beside left, Cross/step left over right, Hold
左足左踏, 右足併踏, 左足於右足前交叉踏, 候
- 5-8 Step right to right side turning $\frac{1}{4}$ turn left, Step left back turning $\frac{1}{2}$ turn left, Step right forward,
Pivot $\frac{1}{4}$ turn left taking weight onto left 12:00
右足右踏左轉90度, 左足後踏左轉180度, 右足前踏, 左軸轉90度重心在左足

[9-16] R toe strut, Rock L side, Recover, L toe strut, Rock R side, Recover

- 1-4 Touch right toe forward, Drop right heel weight on right, Rock left to left, Recover weight onto
right
右足趾前點, 右足踵踏重心在右足, 左足左下沉, 右足回復
- 5-8 Touch left toe forward, Drop left heel taking weight onto left, Rock/step right to right, Recover
weight onto left
左足趾前點, 左足踵踏重心在左足, 右足右下沉, 左足回復

[17 -24] Shuffle R fwd, $\frac{1}{2}$ R shuffle back Right ,Coaster , Step left Together

- 1&2 Step right slightly forward, Step left beside, Step right slightly forward 3.00
右足前踏, 左足併踏, 右足前踏
- 3&4 Make a $\frac{1}{2}$ turn right & step left slightly back, Step right beside left, Step left slightly back
右轉180度左足後踏, 右足併踏, 左足後踏
- 5-8 Step right back, Step left beside right, Step right Forward, Step left Together
右足後踏, 左足併踏, 右足前踏, 左足併

[25-32] Cross Rock, Recover, Side Chasse Right, Left 1/4 Pivot, Left Scuff-Hitch-Touch

- 1-2 Cross Rock Right Over Left, Rock Back Onto Left
右足於左足前交叉下沉, 左足後下沉
- 3&4 Step Right To Right Side, Close Left Beside Right, Step Right To Right Side
右足右踏, 左足併踏, 右足右踏,
- 5-6 Step Forward On Left, Make 1/4 Pivot Turn Right (Weight Forward)
左足前踏, 右轉90度重心在前面右足
- 7&8 Scuff Left Forward, Hitch Left Knee, Touch Left Forward
左足前擦踢, 左膝蓋抬起, 左足前點

Have fun
