

Lion Heart

拍數: 64 牆數: 4 級數: Improver
編舞者: Tan Candy (SG) - October 2015
音樂: Lion Heart - Girls' Generation : (3:44)



Start after 16 counts with weight on left.

Section 1: □ Full Turn Toe Struts. Hip Bumps. (12:00)

1-2 Turn ¼ R (3) & touch R toe to R side. Turn ¼ R (6) & drop R heel.
3-4 Turn ¼ R (9) & touch L toe to L side. Turn ¼ R (12) & drop L heel.
5&6-7&8 Step R beside L & bump hips RLR. Bump hips LRL.

Section 2: □ Side Rock ¼ Turn. ½ Turn. Sweep ¼ Turn. Behind Tog. Fwd Touch. (12:00)

1-2 Rock R to R side. Turn ¼ L (9) & recover weight on L.
3-4 Turn ½ L (3) & step back on R. Sweep L from front to back starting to make ¼ turn L.
5-6-7-8 Complete ¼ turn L (12) & step L behind R. Step R beside L. Step fwd on L. Touch R beside L.

Section 3: □ Hip Sways x4. Hip Rolls x2. (12:00)

1-2-3-4 Step R beside L & sway hips RLRL.
5-6-7-8 Touch R fwd & roll hips clockwise over 2 counts twice.

Section 4: □ ¼ Turn. Fwd Lock Step. ½ Turn Shuffle. Coaster Step. ½ Turn Shuffle. (3:00)

1&2 Turn ¼ R (3) & step fwd on R. Lock L behind R. Step fwd on R.
3&4 Turn ¼ R (6) & step L to L side. Step R beside L. Turn ¼ R (9) & step back on L.
5&6 Step back on R. Step L beside R. Step fwd on R.
7&8 Turn ¼ R (12) & step L to L side. Step R beside L. Turn ¼ R (3) & step back on L.

TAG 1 (20 counts): After Section 4 of Wall 3 (12:00), RESTART after TAG 1 (12:00)

Section 5: □ Touch Tog. Touch ¼ Turn. Sway Touch x2. (12:00)

1-2-3-4 Touch R to R side. Step R beside L. Touch L to L side. Turn ¼ L (12) & step down on L.
5-6-7-8 Step R to R side & sway hip R. Touch L to L diag. Step L to L side & sway hip L. Touch R to R diag.

Section 6: □ Behind Touch x2. Sailor Step. Sailor ¼ Turn. (9:00)

1-2-3-4 Step R behind L. Touch L to L side. Step L behind R. Touch R to R side.
5&6 Step R behind L. Step L beside R. Step R to R side.
7&8 Turn ¼ L (9) & step L behind R. Step R beside L. Step L to L side.

Section 7: □ Cross Rock. Side Chasse. Cross Rock. ¼ Turn Chasse. (6:00)

1-2-3&4 Cross rock R over L. Recover weight on L. Step R to R side. Step L beside R. Step R to R side.
5-6 Cross rock L over R. Recover weight on R.
7&8 Step L to L side. Step R beside L. Turn ¼ L (6) & step fwd on L.

Section 8: □ Fwd. Heel Swivels ¼ Turn. Fwd Hitch. Back Tog. (3:00)

1-2-3-4 Step fwd on R. Swivel heels RLR making ¼ turn L (3) taking weight on R.
5-6-7-8 Step fwd on L. Hitch R. Step back on R. Step L beside R.

TAG 1 (20 counts): After Wall 1 (3:00)

TAG 2 (16 counts): After Wall 2 (6:00)

REPEAT

TAG 1: (20 counts): After Wall 1 (3:00). After Section 4 of Wall 3 (12:00), RESTART after TAG 1 (12:00).

1-2-3-4 Touch R to R side. Cross R over L. Touch L to L side. Cross L over R.
5-6 Rock fwd on R. Recover weight on L.
7&8 Turn ¼ R & step R to R side. Step L beside R. Turn ¼ R & step fwd on R.
9-16 Repeat counts 1-8 with L lead.
17-20 Step R beside L & sway hips RLRL with slight dip & up.

TAG 2: (16 counts): After Wall 2 (6:00).

1-2-3-4 Touch R to R side. Touch R beside L. Touch R to R side. Hold.
5-6-7&8 Cross R over L. Turn ¼ R & step back on L. Step back on R. Step L beside R. Step fwd on R.
1-2-3-4 Touch L to L side. Touch L beside R. Touch L to L side. Hold.
5-6-7&8 Rock fwd on L. Recover weight on R. Step L to L side. Swivel heels R-centre taking weight on L.

Contact: <http://candy6jan.weebly.com>
