

He's A Heartache

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alain Vanderheyden (BEL) - October 2015
音樂: He's A Heartache - Janie Fricke



Intro : 32 count, beginning to song BPM : 176

S1: Rocking chair, out, out, in, in,

1-2 step RF forward, recover on LF
3-4 step RF back, recover on LF
5-6 step on right heel forward, step on the left heel forward
7-8 step RF back on center, step LF back on center

S2: Grapevine, scuff, grapevine with ¼ turn L, scuff

1-2 step RF aside, cross left behind right
3-4 step RF aside, slide LF heel on floor
5-6 step LF aside, cross right behind left
7-8 ¼ turn left step LF forward, slide right heel on floor (9:00)

S3: Toe strut, step fwd, ½ turn, toe strut, step fwd, ½ turn

1-2 touch right toe forward, step right heel down
3-4 step LF forward, ½ turn right (3:00)
5-6 touch left toe forward, step left heel down
7-8 step RF forward, ½ turn left ((9:00)

S4: Jazz box with toe struts

1-2 touch right toe across LF, step right heel down
3-4 touch left toe back, step left heel down
5-6 touch right toe side, step right heel down
7-8 touch left toe forward, step left heel down

S5: Step, lock step, scuff, step, lock step, scuff

1-2 step RF forward, cross left behind right
3-4 step RF forward, slide left heel on floor
5-6 step LF forward, cross right behind left
7-8 step LF forward, slide right heel on floor

S6: Step, ½ turn pivot, step, full turn, shuffle, step, ¼ turn R, cross

1&2 step RF forward, ½ turn left (3:00), step RF forward
3&4 ½ turn right step LF back, ½ turn right step RF forward, step LF forward
5&6 step RF forward, LF together, step RF forward
7&8 step LF forward, ¼ turn right (6:00), cross left over right

S7: Weave to R, side rock cross

1-2 step RF aside, cross left behind right
3-4 step RF aside, cross left over right
5-6 step RF aside, cross left behind right
7&8 step RF aside, recover on LF, cross right over left

S8: ¼ turn L, ¼ turn L, cross, monterey ½ turn, rocking chair

1&2 ¼ turn left step LF back, ¼ turn left step RF aside (12:00), cross left over right
3&4 touch right toe side, ½ turn right step RF together (6:00), touch left toe side

&5-6 step LF next to right (restart), step RF forward, recover on LF
7-8 step RF back, recover on LF

Begin opnieuw

Restart: on wall two dance you t/m 60 counts (count 4& and the 8e block) and start again (12:00)
