

The Heart

拍數: 62 牆數: 4 級數: Intermediate
編舞者: Karin Ploeger (USA) - December 2015
音樂: The Heart - NEEDTOBREATHE : (Album: Rivers in the Wasteland)



Notes: Dance starts after 2 counts

S1: Side-close-Step fwd. L | Side-close-Step fwd. R | Stomp L | Heel Lifts | Point Back R | Turn ½ R

1&2 Step left with LF, close RF next to L, step fwd L
3&4 Step right with RF, close LF next to R, step fwd R
&5, 6 Stomp LF next to RF, lift both heels and set down again
7, 8 Point back R toe, turn ½ right, weight at the end on RF

S2: Mambo fwd. L | Rock fwd. R | Sailer Step R | Scuff L | Cross L over R | Unwind ¾ R

1&2 Step fwd with LF, recover weight on RF, close LF next to RF
3, 4 Rock fwd on RF, recover on LF
5&6 Step RF behind LF, step fwd with LF, close RF next to LF
&7, 8 Scuff LF past RF, cross LF over RF, turn ¾ right, weight at the end on RF

S3: Scuff L | Hook L | Kick-Ball-Cross L | Step L | ¼ Pivot R | Shuffle fwd. L

1, 2 Scuff LF past RF, hook LF over right knee
3&4 Kick LF, close LF next to RF, cross RF over LF
5, 6 Step fwd. with LF and turn ¼ right on RF, weight at the end on RF
7&8 Step fwd with LF, close RF next to LF, Step fwd with LF

S4: Shuffle fwd. R | Scissor Step L | Side R | Drag L | Stomp L | Toe Fan L

1&2 Step fwd with RF, close LF next to RF, step fwd with RF
3&4 Step to L side with LF, close RF next to LF, cross LF over RF
5, 6 Step to R side with RF, drag LF next to RF
&7, 8 Stomp LF next to RF, fan L toe out, fan L toe in

S5: Out R/Clap | Out L/Clap | In R/Clap | In L/Clap | Heel R | Touch R

1-4 Step fwd/out with RF and clap in hands, step fwd/out with LF and clap in hands, Step back/in with RF and clap in hands, Step back/in with LF and clap in hands
5, 6 Point R heel fwd and touch RF next to LF

S6: Step R | Touch behind L | Back L | Hook R | Flick R ¼ Turn L | Stomp R | Heel Lifts

1, 2 Step fwd with RF, touch behind RF with LF
3, 4 Step back with LF, hook R heel in front of L knee
5 Flick R foot out of R side and turn ¼ to the L
6-8 Stomp RF next to LF, lift both heels and set down again, weight at the end of LF

S7: Toe/Heel Fans Out + In R | Stomp L | Side L | Drag R | Stomp R

1-4 Fan R toe out, fan R heel out, fan R heel in, fan R toe in
5, 6 Stomp LF next to RF, step left with LF
7, 8 Drag RF next to LF, stomp RF next to LF, weight at the end on RF

S8: Rock fw. L | Shuffle back ½ turn L | Shuffle back ½ turn L | Point to side L | Flick L

1, 2 Rock fwd with LF, recover on R
3&4 Step back on LF, close R next to L, step back on L as you make a ½ turn
5&6 Step back on RF, close L next to R, step back on R as you make ½ turn
7, 8 Point L toe to L side, flick L toe behind R leg

Tag (after Round 4)

Close L | Heel Lifts | Hold

1-4 Close LF next to RF, lift both heels and set down again, hold for 1 count, weight at the end on
RF

Contact: k.ploeger@gmx.net
