

My Reckless Heart

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: John Warnars (NL) - March 2016
音樂: Reckless Heart - Lasse Stefanz : (CD: Honky Tonk Rebels)



Intro : 16 Counts.

Info : Restarts at walls 5 & 9, after count 16 (count 8 of block 2)

DOROTHY STEPS R+L, SIDE STEP, CROSS ROCK, RECOVER, SIDE SHUFFLE with ¼ L;

1 2 & RF step diagonal right forward (1:30), LF lock behind RF, RF step forward
3 4 & LF step diagonal left forward (10:30), RF lock behind LF, LF step forward
5 6 7 RF step to right side (12), LF cross rock over RF, recover back on RF
8&1 LF step to left side, RF close next LF, LF ¼ turn L step forward (9)

STEP (fwd), ¼ TURN L, CROSS SHUFFLE, 2x ¼ TURN R, CROSS STEP;

2 3 RF step forward, LF&RF ¼ turn L (6)
4&5 RF cross step over LF, LF small step to left side, RF cross step over LF
6 7 8 LF ¼ turn R step back (9), RF ¼ turn R side step (12), LF step across RF

SIDE ROCK, RECOVER & CLOSE, SIDE ROCK, RECOVER, ¼ L COASTER STEP, STEP (fwd), ½ PIVOT L;

1 2 & RF rock to right side, recover back on LF, RF close next LF
3 4 LF rock to left side, recover back RF
5&6 LF ¼ turn L step back (9), RF close next LF, LF step forward
7 8 RF step forward, LF&RF make ½ turn L (3)

HIP BUMPS R L R, ¼ R HIP BUMPS L R L, SAILOR STEP, ¼ L COASTER CROSS;

1&2 RF step diagonal R and bump hips R, bump hips L, bump hips R (weight on RF)
3&4 LF ¼ turn R side step (6) and bump hips L, bump hips R, bump hips L (weight on LF)
5&6 RF cross behind LF, LF step to left side, RF step to right side
7&8 LF ¼ turn L step back (3), RF close next LF, RF step across LF

1 RF □ start again

Restarts at walls 5 & 9, after count 16 (count 8 of block 2)

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