

This Old Heart

拍數: 32 牆數: 4 級數: Beginner
編舞者: Graham Mitchell (SCO) - May 2016
音樂: This Old Heart of Mine - The Contours : (Album: Motown soul 2 - iTunes)



Section 1 (1-8) CROSS POINT, BACK POINT, BEHIND SIDE, CROSS SHUFFLE

1-2 Cross Right over Left, point Left toe to Left side
3-4 Step back Left, point Right toe to Right side
5-6 Step Right behind Left, step Left to left side
7&8 Cross Right over Left, step Left to Left side, Cross Right over Left

Section 2 (1-8) SYNCOPATED ROCKS, JAZZ BOX ¼ RIGHT

1-2 Rock Left to Left side, Recover Right
&3-4 Step Left beside Right, Rock Right to Right side, Recover Left
5-6 Cross Right over Left, Step back Left making ¼ Right
7-8 Step Right to right side, Step Left beside Right

Section 3 (1-8) RIGHT & LEFT STEP LOCK STEP LOCK STEP

1-2 Step forward Right, Step Left behind Right
3&4 Step forward Right, lock left behind right, Step forward Right
5-6 Step forward Left, Step Right behind Left
7&8 Step forward Left, Lock Right behind Left, Step forward Left

Section 4 (1-8) STEP ½ TURN, SHUFFLE, FULL TURN, SHUFFLE

1-2 Step forward Right, pivot ½ turn left
3&4 Step forward Right, close Left beside Right, step forward Right
5-6 Step forward Left making ½ turn right, Step forward Right, making ½ turn right
7&8 Step forward Left, close Right beside Left, step forward Left
