

2nd Hand Heart - Ab

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Annemaree Sleeth (AUS) - June 2016
音樂: Second Hand Heart (feat. Kelly Clarkson) - Ben Haenow : (feel free to fade this long track - 4:00)
或: Me Too - Meghan Trainor : (Album : Thankyou - iTunes - 3:35)



Alternative Music : Me Too by Meghan Trainor. Album : Thankyou [iTunes - Length 3.35]
When Using Me Too by Meaghan Trainor (Music Intro 32 Count and Tag Sec 1 On Wall 4 Facing Back Wall)

Intro Dance Starts On 8 Counts On Lyrics ('I Woke Up')

Sec 1 [1 – 8] TOE STRUT FWD, ROCKING CHAIR

1 – 2 Touch R Fwd, Drop R Heel (Click Fingers On Toe Struts)
3 – 4 Touch L Fwd, Drop L Heel
5 – 6 Rock R Fwd, Recover L Looking over R Shoulder
7 – 8 Step R Back, Recover L

Sec 2 [9 – 16] TOE STRUT FWD, ROCKING CHAIR

1 – 2 Touch R Fwd, Drop R Heel (Click Fingers On Toe Struts)
3 – 4 Touch L Fwd, Drop L Heel
5 – 6 Rock R Fwd, Recover L Looking over R Shoulder
7 – 8 Step R Back, Recover L

Tag/Restart Dance First 16 Counts Restart Here On Wall 3 Facing 12.00

Sec 3 [17 – 24] SIDE ROCK 1/8 X 4 (Half Turn Right)

1 – 2 Rock R Side Pivot 1/8 L Recover L
3 – 4 Rock R Side Pivot 1/8 L Recover L
5 – 6 Rock R Side Pivot 1/8 L Recover L
7 – 8 Rock R Side Pivot 1/8 L Recover L (6.00)

Sec 4 [25 – 32]

JAZZ BOX , SIDE TOUCHES

1 – 2 Cross R Over L, Step L Back ,
3 – 4 Step R Side, Step L Together
5 & 6 & Touch R Out Side, Step R Together, Touch L Out Side, Step L Together
7 – 8 Touch R Out Side , Touch R Together (wgtL) □ (6.00)

Easier Option V Step

5 - 6 Step R Out, Step L Out
7 - 8 Step R Back, Step L Together

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