

Heart of Life

拍數: 100 牆數: 1
編舞者: Xavi Barrera (ES) - June 2016
音樂: The Heart of Life - Aaron Watson

級數: Phrased Intermediate / Advanced



Step sheet by Xavi Barrera

Part A: 32 counts - Part B: 68 counts - TAG: 28 counts

Dancing Sequence: A+A + B + A+A+A + B + A+A + TAG + A+A+A, and fade of.

PART A: 32 counts

A1: JUMPED ROCK STEP X 2, JUMPED ROCK STEP BACK, STOMP, HOLD.

- 1- Jumping, cross right in front of the left raising the left at the same time.
- 2- Jumping, return your weight on the left raising the right at the same time.
- 3- Jumping, cross right in front of the left raising the left at the same time.
- 4- Jumping, return your weight on the left raising the right at the same time.
- 5- Jumping, right back, raising the left at the same time.
- 6- Jumping, return your weight on the left raising the right at the same time.
- 7- Stomp right beside left.
- 8- Hold.

A2: ½ MILITARY TURN, STEP, HOLD, ½ MILITARY TURN, ROCK STEP..

- 9- Touch left forward.
- 10- ½ turn to the right on the right foot, keeping the weight on it.
- 11- Step left forward.
- 12- Hold.
- 13- Touch right foot in front of the left
- 14- ½ turn to the left on the left foot, keeping the weight on it.
- 15- Step right forward, putting the weight on it.
- 16- Return the weight to the left (it doesn't move).

A3: ½ TURN TOE STRUT x2, SLOW COASTER STEP, SCUFF.

- 17- Touch right toe back.
- 18- Lower the heel, making 1/2 turn to the right at the same time.
- 19- Touch left toe forward.
- 20- Lower the heel, making 1/2 turn to the right at the same time.
- 21- Step right back.
- 22- Gather left beside right.
- 23- Step right forward.
- 24- Scuff (kick touching the floor) left.

A4: JUMPING ROCK STEP X 2, JUMPING ROCK STEP BACK, STOMP, HOLD.

- 25- Jumping, cross left in front of the right, raising the right at the same time.
- 26- Jumping, return your weight on the right, raising the left at the same time.
- 27- Jumping, cross left in front of the right, raising the right at the same time.
- 28- Jumping, return your weight on the right, raising the left at the same time.
- 29- Jumping, left back, raising the right at the same time.
- 30- Jumping, return your weight on the right raising the left at the same time.
- 31- Stomp left beside the right.
- 32- Hold.

PART B: 68 counts

B1: TOE STRUT X 2, TOE STRUT ¼ TURN, ½ TURN X 2.

- 1- Right toe to the right.
- 2- Lower right heel.
- 3- Cross left toe over right.
- 4- Lower left heel.
- 5- Right toe to the right.
- 6- Lower right heel, turning ¼ turn to the right at the same time.
- 7- Step left forward turning ½ turn to the right at the same time.
- 8- Right step back, turning ½ turn to the right at the same time.

B2: ROCK STEP X 2, JAZZBOX, STOMP.

- 9- Left forward putting your weight on it.
- 10- Return your weight on the right foot (which hasn't moved).
- 11- Left back putting your weight on it.
- 12- Return your weight on the right foot (which hasn't moved).
- 13- Cross left in front of the right.
- 14- Right step short to the right.
- 15- Return left to the starting point (just before crossing).
- 16- Stomp right beside the left.

B3: JUMPING ROCK STEP, STOMP, HOLD, ½ MILITARY TURN, STOMP, HOLD.

- 17- Jumping, right back, raising the left at the same time.
- 18- Jumping, return your weight on the left raising the right at the same time.
- 19- Stomp right beside the left.
- 20- Hold.
- 21- Touch right foot in front of the left.
- 22- ½ Turn to the left on the left foot, keeping the weight on it.
- 23- Stomp right beside the left.
- 24- Hold.

B4: TOE STRUT X 2, TOE STRUT ½ TURN, ½ TURN, STOMP

- 25- Left toe forward.
- 26- Lower the left heel.
- 27- Right toe forward.
- 28- Lower the right heel.
- 29- Left toe forward.
- 30- Lower the left heel, turning ½ turn to the right at the same time.
- 31- Step right back, turning ½ turn to the right at the same time.
- 32- Stomp left beside right.

B5: TOE STRUT X 2, TOE STRUT ¼ TURN, ½ TURN X 2. (Same as B1 to B8 counts)

- 33- Right toe to the right.
- 34- Lower right heel.
- 35- Cross left toe over right.
- 36- Lower left heel.
- 37- Right toe to the right.
- 38- Lower right heel, turning ¼ turn to the right at the same time.
- 39- Step left forward turning ½ turn at the same time.
- 40- Right step back, turning ½ turn at the same time.

B6: ROCK STEP ½ TURN X 3, ROCK STEP.

- 41- Step left forward putting your weight on it.
- 42- Return weight to the right, turning ½ turn to the left at the same time.
- 43- Step left forward putting your weight on it.

- 44- Return weight to the right, turning ½ turn to the left at the same time.
- 45- Step left forward putting your weight on it.
- 46- Return weight to the right, turning ½ turn to the left at the same time.
- 47- Step left forward putting your weight on it.
- 48- Return weight to the right (without turning).

B7: GRAPEVINE. VAUDEVILLE.

- 49- Step left to the left.
- 50- Cross the right behind the left.
- 51- Step left to the left.
- 52- Scuff right (kick touching the floor) beside the left.
- 53- Cross the right foot in front the left.
- 54- Step left short to the left.
- 55- Touch right heel forward.
- 56- Right step beside the left.

B8: VAUDEVILLE, ½ MILITARY TURN, STOMP, HOLD.

- 57- Cross the left foot in front of the right.
- 58- Step right short to the right.
- 59- Touch left heel forward.
- 60- Left step beside the right.
- 61- Touch right foot in front of the left.
- 62- ½ turn to the left on the left foot, keeping the weight on it.
- 63- Stomp right beside the left.
- 64- Hold.

B9: JUMPING ROCK STEP, STOMP, HOLD.

- 65- Jumping, right back, raising the left at the same time.
- 66- Jumping, return your weight on the left raising the right at the same time.
- 67- Stomp right beside left.
- 68- Hold.

TAG: 28 counts

TS1: ½ MILITARY TURN, STEP, HOLD, GRAPEVINE.

- 1- Touch left foot in front of the right.
- 2- ½ turn to the right on the right foot, keeping the weight on it.
- 3- Step left forward.
- 4- Hold.
- 5- Step right to the right.
- 6- Cross the left behind the right.
- 7- Step right to the right.
- 8- Stomp left beside the right (keeping your weight on the right).

TS2: GRAPEVINE, ROCK STEP X 2.

- 9- Left step to the left.
- 10- Cross the right behind the left.
- 11- Left step to the left.
- 12- Right Scuff (kick touching the floor) beside the left.
- 13- Step right forward, putting your weight on it.
- 14- Return weight to the left (which hasn't moved).
- 15- Step right back, putting your weight on it.
- 16- Return weight to the left (which hasn't moved).

TS3: ½ MILITARY TURN, STOMP, HOLD, JUMPING ROCK STEP X 2

- 17- Touch right foot in front of the left.

- 18- ½ turn to the left on the left foot, keeping the weight on it.
- 19- Stomp right beside the left.
- 20- Hold.
- 21- Jumping, step right forward, raising the left at the same time.
- 22- Jumping, return your weight on the left raising the right at the same time.
- 23- Jumping, step right back, raising the left at the same time.
- 24- Jumping, return your weight on the left raising the right at the same time.

JUMPING ROCK STEP X2

- 25- Jumping, step right forward, raising the left at the same time.
- 26- Jumping, return your weight on the left raising the right at the same time.
- 27- Jumping, step right back, raising the left at the same time.
- 28- Jumping, return your weight on the left raising the right at the same time.

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