

Tears Up Your Heart

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Michael Lynn (UK) - July 2016
音樂: You Don't Know Love - Olly Murs : (iTunes, 7Digital & Spotify)



(32 count intro, 118bpm) Order: AAB AAB AAB A - Video: Coming Soon!

A: 32 counts

A1: SIDE, CROSS, KICK BALL CROSS, SIDE TOGETHER, FORWARD RIGHT SHUFFLE

1-2 Step right to right side, cross left behind right,
3&4 Kick right forward, step right in place, cross left over right,
5-6 Step right to right side, close left beside right,
7&8 Step forward right, close left beside right, step forward right.

A2: ROCK RECOVER 1/2 TURN LEFT. ROCK RECOVER 1/2 TURN RIGHT, FULL TURN

1-2-3 Rock forward left, recover right, turn 1/2 turn left stepping forward left,
4-5-6 Rock forward right, recover left, turn 1/2 turn right stepping forward right,
7-8 Make a full turn over the right shoulder, stepping left 1/2 back, right 1/2 forward.

EASIER OPTION: □ Counts 7-8 can be replaced with two walks forward stepping left, right.

A3: 1/4 LEFT HEEL GRIND, STEP TOGETHER, UPPITY HEELS, BACK TOE 1/4 PIVOT TURN, LEFT HEEL/TOE SWIVEL

1-2 Touch left heel forward, grind 1/4 turn left taking weight onto right as you step back,
3&4 Step left next to right, lift both heels up, place heels back down (keeping weight on left),
5-6 Touch right toe back, pivot 1/4 turn right (taking the weight onto the right),
7&8 Swivel left heel to right, swivel left toes to right, swivel left heel to right (taking the weight).

A4: SIDE ROCK RECOVER, CROSS, UNWIND 3/4 TURN, WALK, WALK, RUN RUN RUN

1-2 Rock right to right side, recover left,
3-4 Cross right behind left, unwind a 3/4 turn,
5-6 Step forward left towards 10:00, step forward right towards 12:00,
7&8 Step forward left towards 2:00, step forward right towards 4:00, step forward left towards 6:00.

NOTE: □ □ Counts 5-8 are meant to curve right as you 3/4 turn stepping LRLRL.

B: 32 counts

B1: SIDE SWAYS x4, JAZZ BOX 1/4 TURN RIGHT

1-2-3-4 Step right to right side as you sway right, left, right, left
5-6 Cross right over left, step left 1/4 turn right,
7-8 Step right to right side, step forward left.

B2: SIDE ROCK RECOVER, BACK ROCK RECOVER, FRONT KICK, SIDE KICK, KICK BALL CROSS

1-2 Rock right to right side, recover left,
3-4 Rock back right, recover left,
5-6 Kick right forward, kick right to right side,
7&8 Kick right forward, step right next to left, cross left over right.

B3: SIDE SWAYS x4, JAZZ BOX 1/4 TURN RIGHT

1-2-3-4 Step right to right side as you sway right, left, right, left
5-6 Cross right over left, step left 1/4 turn right,
7-8 Step right to right side, step forward left.

OPTIONAL HANDS: □ Counts 1-4 wave goodbye on the first & second time you dance B.

B4: STEP HEEL SWIVELS, BACK STEP, HEEL SWIVELS, STEP-PIVOT 1/2 TURN

1-2-3 Step forward right, twist both heels 1/4 turn right, twist both heels 1/4 turn left,
4-5-6 Step back, twist both heels 1/4 turn left, twist both heels 1/4 turn right,
7-8 Step forward right, pivot 1/2 turn left (taking the weight onto left).

ENDING: The dance will end on the front wall. Make an open heart with your hands to end the dance.

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