

My Heart

拍數: 64 牆數: 4 級數: Improver
編舞者: Bev Bickhoff (AUS) - July 2016
音樂: If My Heart Had Wings - Faith Hill : (Album: Breathe - Faith Hill)



Start: 32 Count Intro, Start on Lyrics

S1: □Diagonal, Lock, Diagonal, Scuff, Diagonal, Lock, Diagonal, Touch□

1 2 Step R forward on right diagonal, Lock L behind right
3 4 Step R forward on right diagonal, Scuff L beside right
5 6 Step L forward on left diagonal, Lock R behind left
7 8 Step L forward on left diagonal, Touch R beside left -□12

S2: □Back, Touch, Back, Touch, Back, Touch, Back, Touch□

1 2 Step R back on right diagonal, Touch L beside right with a clap
3 4 Step L back on left diagonal, Touch R beside left with a clap
5 6 Step R back on right diagonal, Touch L beside right with a clap
7 8 Step L back on left diagonal, Touch R beside left with a clap -12

S3: □Jazz Box, ¼ Turn Jazz Box Cross □

1-4 Cross R over left, Step L back, Step R to right, Step L to left *** (Restart 1)
5-8 Cross R over left, Step L back, Turning 90□ right step R to right, Step L across right - 3

S4: □Side, Hold, Back, Rock, Side, Hold, Back, Rock□

1-4 Step R to right, Hold, Step L behind right, Rock onto R
5-8 Step L to left, Hold, Step R behind left, Rock onto L -□3

S5: □Vine Right, Vine Left (Alternative: Rolling Vines)□

1-4 Step R to right, Step L behind right, Step R to right, Touch L beside right
5-8 Step L to left, Step R behind left, Step L to left, Touch R beside left -□3

S6: □Rocking Chair, Paddle, Paddle□

1-4 Step R fwd, Rock back onto L, Step R back, Rock forward onto L
5 6 Step R fwd, Turn 90□ left step L to left□12
7 8 Step R fwd, Turn 90□ left step L to left ### (Restart 2) - □9

S7: □Heel, Hook, Heel, Together, Heel, Hook, Heel, Together □

1 2 Touch R heel to right diagonal, Hook R foot up across left knee
3 4 Touch R heel to right diagonal, ^^ Step R beside left (Restarts 3 & 4)
5 6 Touch L heel to left diagonal, Hook L foot up across right knee
7 8 Touch L heel to left diagonal, Step L beside right □- 9

S8: □Diagonal, Swivel RLR, Diagonal, Swivel LRL, □

1-4 Step R to right diagonal, Swivel L Heel, Toe, Heel (towards right – weight staying on right)
5-8 Step L to left diagonal, Swivel R Heel, Toe, Heel (towards left – weight staying on left) -□9

Restart 1 □Wall 2: after Count 20 *** (9:00)

Restart 2 □Wall 3: after Count 48 ### (6:00)

Restarts 3&4 □Wall 4 & Wall 6: after Count 51^^ Touch R beside left (3:00 and 9:00 respectively)

Finish □Wall 8: after Count 32 Turn 90□ right and step R forward to finish at the front wall.

Free to be copied provided no changes are made to the original choreography.

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