

Tell It To My Heart

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gudrun Schneider (DE) & Mathias Pflug (DE) - January 2017
音樂: Tell It to My Heart - Filatov & Karas



Intro: 36 count

S1: R POINT FWD, R POINT SIDE, CROSS, L POINT, BEHIND-SIDE, CROSS SHUFFLE

1-2 RF point forward, RF point side
3-4 RF cross, LF point side
5-6 LF step behind RF, RF step side
7&8 LF cross, RF step beside, LF cross

S2: SIDE, ¼ TURN L, SHUFFLE FWD, ½ TURN R, ½ TURN R, SHUFFLE ½ R

1-2 RF step side, LF ¼ left step forward□ (9:00)
3&4 RF step forward, LF step beside, RF step forward
5-6 LF ½ right step back (3:00), RF ½ right step forward (9:00)
7&8 LF ¼ left step side, RF step beside, LF ¼ left step back□(3:00)

S3: BACK ROCK, SIDE-TOUCH, SIDE-TOUCH, KICK-BALL-CROSS

1-2 RF rock back, LF recover
3-4 RF step side, LF touch beside
5-6 LF step side, RF touch beside
7&8 RF kick diagonally, RF step beside, LF cross

S4: SIDE ROCK, SAILOR ¼ R, ROCK STEP, SHUFFLE ½ L

1-2 RF rock side, LF recover
3&4 RF ¼ step back, LF step beside, RF step forward (6:00)
5-6 LF rock forward, RF recover
7&8 LF ¼ left step side, RF step beside, LF ¼ left step forward (12:00)

S5: SIDE-HOLD & CROSS, ¼ TURN R, ¼ TURN R, HOLD & CROSS, SIDE

1-2&3 RF step side, hold, LF step beside RF, RF cross
4 LF ¼ right step back (3:00)
5-6&7 RF ¼ right step side, hold, LF step beside RF, RF cross (6:00)
8 LF step side

S6: ROCK BACK, TOUCH-BALL-STEP, ROCK FWD, TRIPLE FULL TURN R

1-2 RF rock back, LF recover
3&4 RF touch next to left, step on ball of RF, LF step forward
5-6 RF rock forward, LF recover
7&8 Triple full turn right stepping r-l-r (alternative: COASTER STEP) (6:00)

S7: ROCK FWD, ¼ TURN L CHASSÉ, JAZZBOX

1-2 LF rock forward, RF recover
3&4 LF ¼ left step side, RF step beside, LF step side (3:00)
5-6 RF cross, LF step back
7-8 RF step side, LF step forward

S8: STEP ½ TURN 2x L, CROSS ROCK, SIDE ROCK

1-2 RF step forward, R+L ½ turn left (9:00)
3-4 RF step forward, R+L ½ turn left (3:00)

5-6 RF cross, LF recover
7-8 RF rock side, LF recover

RESTARTS:-

1. On wall 2 - after 32 count – 3:00
2. On wall 5 - after 32 count and TAG– 9:00

TAG - on wall 5

JAZZBOX

1-2 RF cross, LF step back
3-4 RF step side, LF step forward

Have Fun

**Gudrun Schneider – www.gudrun-schneider.com - E-Mail: gudrun@gudrun-schneider.com
Mathias Pflug - www.mathias-pflug.de – E-Mail: info@mathias-pflug.de**
