

This Old Heart

拍數: 64 牆數: 4 級數: High Improver
編舞者: Vikki Morris (UK) - July 2017
音樂: This Old Heart - Midland



Start: 16 counts

S1: R Monterey ¼ R, Brush L , L Modified Jazz Box, Touch R

1 2 Point Right to Right side, Turn ¼ turn Right stepping Right next to Left (3 o'clock)
3 4 Point Left to Left side, Brush Left across Right
5 6 Cross Left over Right, Step back on Right (body angled to Right diagonal)
7 8 Step back on Left, Touch Right next to Left

S2: Back R Clap, L Back L Clap, Rolling Vine, Touch L

1 2 Step back Right to Right diagonal, Touch Left next to Right as you clap hands
3 4 Step back Left to Left diagonal, Touch Right next to Left as you clap hands
5 6 Turn ¼ turn Right stepping forward Right, Turn ½ turn Right stepping back Left
7 8 Turn ¼ turn Right stepping Right to Right side, Touch Left next to Right

(non turning option for 5 6 7 8, R vine, Touch L)

S3: L Chasse, Rock Back R, Recover L, R Side, Touch L, ¼ L, Brush R

1&2 Step Left to Left side, Step Right next to Left, Step Left to Left side
3 4 Rock back on Right, Recover on Left
5 6 Step Right to Right side, Touch Left next to Right
7 8 Turn ¼ turn Left stepping forward Left, Brush Right across Left (12 o'clock)

S4: Weave L, Point L, Weave R, Step R

1 2 Cross Right over Left, Step Left to Left Side
3 4 Cross Right behind Left, Point Left to Left side
5 6 Cross Left over Right, Step Right to Right Side
7 8 Cross Left behind Right, Step Right to Right side

S5: L Cross Rock, Recover, R, L Chasse, R Cross Rock, Recover L, R Chasse

1 2 Cross rock Left over Right, Recover on Right
3&4 Step Left to Left side, Step Right next to Left, Step Left to Left side
5 6 Cross rock Right over Left, Recover on Right
7&8 Step Right to Right side, Step Left next to Right, Step Right to Right side

S6: Cross L, Kick R, Back R, Kick L, L Shuffle Back, Rock Back R, Recover L

1 2 Cross Step Left over Right to Right diagonal, Kick Right forward (1.30)
3 4 Step back on Right, Kick Left
5&6 Step back Left, Step Right next to Left, Step back Left
7 8 Rock back on Right, Recover on Left

S7: R Lock, R Lock Step, ¼ L L Lock, L Lock Step

1 2 Step forward Right, Lock Left behind Right
3&4 Step forward Right, Lock Left behind Right, Step forward Right
5 6 Turning ¼ turn L step forward Left, Lock Right behind Left (11.30)
7&8 Step forward Left, Lock Right behind Left, Step forward Left

(Straighten up to 9 o'clock to Restart on wall 4)

S8: 1/8 R R Rocking Chair, Pivot ½ L, Pivot ¼ L

1 2 Turning 1/8 turn Right rock forward Right, Recover on Left (12 o'clock)

3 4 Rock back Right, Recover on Left
5 6 Step forward Right, Pivot ½ turn Left (6 o clock)
7 8 Step forward Right, Pivot ¼ turn Left (3 o clock)

Rocking Chair Tag at the end of wall 2 facing 6 o clock

1 2 Rock forward Right, Recover on Left
3 4 Rock back Right, Recover on Left

Restart facing 9 o clock wall 4 after 56 counts (S7)

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