

Lion Heart

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Wil Bos (NL) - August 2017
音樂: Lion Heart - Girls' Generation : (Album: Lion Heart)



Intro: 16 counts

S1: Side, Drag, Behind Side Cross, Chassé ¼ R, Pivot ½ R

1-2 RF big step side, LF drag heel beside
3&4 LF cross behind, RF step side, LF cross over
5&6 RF step side, LF together, RF ¼ right step forward
7-8 LF step forward, L+R ½ turn right [9]

S2: Fwd, ½ R Back, ¼ L Side, Cross, Side/Dip, Point, Side/Dip, Point

1-2 LF step forward, RF ½ left step back
3-4 LF ¼ left step side, RF cross over
5-6 LF step side and dip down, RF point side
7-8 RF step side and dip down, LF point side [12]

S3: Kick Ball Cross, Chassé ¼ L, Rock Fwd Recover, Out Out, Hold

1&2 LF kick left forward, LF step beside on ball foot, RF cross over
3&4 LF step side, RF together, LF ¼ left step forward *
5-6 RF rock forward, LF recover
&7-8 RF step right back (out), LF step side (out), hold [9]

S4: Out Out, Hold, Shuffle Fwd, Rock Fwd Recover, Shuffle ½ L

&1-2 RF step right back (out), LF step side (out), hold
3&4 RF step forward, LF step beside, RF step forward
5-6 LF rock forward, RF recover
7&8 LF ¼ left step side, RF step beside, LF ¼ left step forward [3]

S5: Fwd, Drag, Ball Fwd, Fwd, Rock Fwd Recover, ¼ R Chassé

1-2 RF step forward, LF drag beside
&3-4 LF step beside on ball foot, RF step forward, LF step forward
5-6 RF rock forward, LF recover
7&8 RF ¼ right step side, LF step beside, RF step side [6]

S6: Cross, Point (x2), Jazz Box Cross ¾ L

1-4 LF cross over, RF point side, RF cross over, LF point side
5-8 LF cross over, RF ¼ left step back, LF step side, RF ½ left cross over [1.30]

S7: Fwd, Heel Swivel, (x2), Back/Body Roll, Ball Back, Back

1&2 LF step forward, LF swivel heel out, LF swivel back
3&4 RF step forward, RF swivel heel out, RF swivel back **
5-6 RF step back, body roll
&7-8 LF step beside on ball foot, RF step back, LF step back [1.30]

S8: Rock Back Recover, Shuffle Fwd, ½ R Back, ½ R Side, Cross Shuffle

1-2 RF rock back, LF recover
3&4 RF step forward, LF step beside, RF step forward
5-6 LF ½ right step back, RF ½ right step side
7&8 LF cross over, RF step side, LF cross over [9]

Start again

Restarts:

*** Dance the 2nd wall up to and including count 20 (count 4 of the 3rd section) and start again**

**** Dance the 4th wall up to and including count 52 (count 4 of the 7th section), turn ¼ right and start again**

TAG: After the 3rd and twice after the 5th wall:

Side, Touch, ¼ L Side, Touch (x2)

1-2 RF step side, LF touch beside

wave arms above head to right side

3-4 LF ¼ left step forward, RF touch beside

wave arms above head to left side

5-6 RF step side, LF touch beside

wave arms above head to right side

7-8 LF ¼ left step forward, RF touch beside

wave arms above head to left side

Chassé ¼ R, Pivot ½ R, Shuffle Fwd, Pivot ½ L

1&2 RF step side, LF together, RF ¼ right step forward

3-4 LF step forward, L+R ½ turn right

5&6 LF step forward, RF step beside, LF step forward

7-8 RF step forward, R+L ½ turn left

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