

Heart History

拍數: 32 牆數: 4 級數: Beginner
編舞者: Kim Liebsch (DK) - August 2017
音樂: Story of a Heart - Steps : (4:16)



Intro: 16 counts after 1st beat (appr. 10 sec) Start with weight on L foot

Restart: On wall 9 after 30 counts (9:00)

Ending: Rock recover, side rock

#1 section: □Rock recover, shuffle back, back rock, shuffle fw. □

1-2 Rock fw. on R, recover on L □ 12:00
3&4 Step back on R, step L next to R, step back on R □ 12:00
5-6 Rock back on L, recover on R □ 12:00
7&8 Step fw. on L, step R next to L, step fw. on L □ 12:00

#2 section: □Step ¼ turn, cross shuffle, side hold, behind side cross □

1-2 Step fw. on R, make ¼ turn L stepping L to L side □ 9:00
3&4 Cross R over L, step L to L side, cross R over L □ 9:00
5-6 Step L to L side, hold □ 9:00
7&8 Cross R behind L, step L to L side, cross R over L □ 9:00

#3 section: □Side rock, behind side cross, point back, point back □

1-2 Rock L to L side, recover on R □ 9:00
3&4 Cross L behind R, step R to R side, cross L over R □ 9:00
5-6 Point R to R side, step back on R □ 9:00
7-8 Point L to L side, step back on L □ 9:00

#4 section: □Back rock, 2 X step ½ turn, kick ball step □

1-2 Rock back on R, recover on L □ 9:00
3-4 Step fw. on R, make ½ turn L stepping fw. on L □ 3:00
5-6 Step fw. on R, make ½ turn L stepping fw. on L □ 9:00
7&8 Kick R fw. step R next to L, step fw. on L □ 9:00

Ending: □Rock recover, side rock □

1-2 Rock fw. on R, recover on L □ 9:00
3-4 Make ¼ turn R stepping R to R side, recover on L □ 12:00

Good Luck & N'joy!

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