

Free Heart

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Chatti the Valley (ES) - March 2018
音樂: If Your Heart Ain't Busy Tonight - Tanya Tucker



Intro: 16 counts - Bpm: 200

[1-8]: Right & Left Diagonal SHUFFLES, HOLD.

- 1 Step right forward diagonal right
- 2 Step left forward, lock behind right foot
- 3 Step right forward diagonal right
- 4 Hold
- 5 Step left forward diagonal left
- 6 Step right forward, lock behind left foot
- 7 Step left forward diagonal left
- 8 Hold

[9-16]: Right MAMBO ROCK, HOLD, L-R-L Back WALK, HOLD.

- 1 Step right forward
- 2 Recover weight on left foot
- 3 Step right back
- 4 Hold
- 5 Step left back
- 6 Step right back
- 7 Step left back
- 8 Hold

[17-24]: Right COASTER STEP, HOLD, Left MAMBO CROSS ¼ TURN, HOLD.

- 1 Step right back
- 2 Step left back, beside right foot
- 3 Step right forward
- 4 Hold
- 5 Step left forward
- 6 ¼ turn right, weight on right foot (3:00)
- 7 Cross left over right
- 8 Hold

[25-32]: Right SIDE, Left TOE-HEEL SWIVEL, HOLD Left COASTER STEP, HOLD.

- 1 Step right to right side
- 2 Touch left toe beside right foot, bending knee over right leg
- 3 Touch left heel beside right foot, bending knee out
- 4 Hold
- 5 Step left back
- 6 Step right back, beside left foot
- 7 Step left forward
- 8 Hold

START AGAIN

RESTARTS: During walls 1,8 i 12, dance until count 24 and start again from the beginning.
(you are facing at 3:00 and 12:00 Bis)

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