Music In My Heart

拍數: 32

級數: Improver

編舞者: Marja Urgert (NL) & Jan Van Tiggelen (NL) - February 2019

音樂: Music In My Heart - Michael English

Intro: 4 Counts, Start on the word "Music"

Sec 1: Back Rock, Recover, Lindi To R, Back Rock, Shuffle 1/2 Turn R

- 1&2 RF. Step to R side LF. Close RF. Step to R side
- 3-4 LF. Rock back RF. Recover
- 5&6 Shuffle 1/2 turn R stepping L,R,L (6:00)
- 7-8 RF. Rock back LF. Recover

Sec 2: Heel, Hook, Heel, Flick, Shuffle fwd x2

- 1&2& RF. Dig heel fwd RF. hook across L leg RF. Dig heel fwd RF. Flick back
- 3&4 RF. Step fwd LF. Close RF. Step fwd
- 5&6& LF. Dig heel fwd LF. hook across R leg LF. Dig heel fwd LF. Flick back
- 7&8 LF. Step fwd RF. Close LF. Step fwd

Sec 3: Rock fwd, Recover, & 1/4 Turn R, Cross, Side, Behind, Side, Cross, Hold, Side, Behind, Side, Cross

- 1-2 RF. Rock fwd LF. Recover
- &3&4
 RF. 1/4 Turn R step to R side LF. Cross over RF RF. Step to R side LF. Cross behind RF (9:00)
- &5-6 RF. Step to R side LF. Cross over RF Hold
- &7&8 RF. Step to R side LF. Cross behind RF RF. Step to R side LF. Cross behind RF

Sec 4: Point To R Side, Hold, & Point To L Side with a 1/4 Turn R, & Point To R Side, Sailor with a 1/4 Turn R, Step fwd, 1/4 Turn R, Cross

- 1-2 RF. Point toe to R side Hold
- &3&4 RF. 1/4 Turn R step beside LF LF. Point toe to L side LF. Step together RF. Point toe to R side (12:00)
- 5&6 RF. Cross behind LF with a 1/4 turn R LF. Step Together RF. Step fwd (3:00)
- 7&8 LF. Step fwd 1/4 Turn R LF. Cross over RF (6:00)

Start Again

Tag+Restart There's a 2 count tag, After the 2nd, 5th and 6th wall (12:00)

Stomp To R Side, Hitch

1-2 RF. Stomp to R side LF - RF. Lift knee

Contact: marja42@kpnmail.nl / co4ol72@kpnmail.nl





牆

牆數:2