

Heart of Gold

拍數: 56 牆數: 2 級數: Improver
編舞者: Sara Jalkanen (FIN) - March 2019
音樂: Heart of Gold - Neil Young : (3:07)



Intro: 16 counts (approx. 12 secs)

Notes: RESTART after 32& counts during walls 1 and 3

S1 [1 – 9] BACK ROCK, ½ TURN, COASTER STEP, WALK, ANCHOR STEP

1 - 2 Rock back on RF opening body to R diagonal, recover weight on LF
3 - 4&5 Turn ½ L and step RF back, step LF back, RF together, LF forward (6:00)
6 - 7 Walk forward RF, LF
8&1 Lock RF behind LF, step weight on LF, step RF slightly back

S2 [10 – 17] ½ TURN, ¼ TURN, SAILOR STEP, CROSS ROCK, ¼ SHUFFLE

2 - 3 Turn ½ L stepping LF forward, turn ¼ L stepping RF to side (9:00)
4&5 Cross LF behind RF, Step RF to R, Step LF to L diagonal
6 - 7 Cross rock RF over LF, recover on LF
8&1 Step RF to side, step LF together, turn ¼ R stepping RF forward (12:00)

S3 [18 – 24] FORWARD ROCK, ½ TURN L WITH L HIP BUMP, ½ TURN L WITH R HIP BUMP, BACK TOGETHER

2 - 3 Rock LF forward, recover on RF
4 - 5 Make ¼ turn L touching LF to L side and pushing hip left, make ¼ turn L stepping LF forward (6:00)
6 - 7 Make ¼ turn L touching RF to R side and pushing hip right (7), make ¼ turn L stepping RF back (12:00)
8& Step LF back, step RF together

S4 [25 – 32] ROCK STEPS FORWARD & SIDE, WEAVE, ½ MONTEREY, SWAY L&R, TOGETHER

1&2& Rock LF forward, recover on RF, rock LF to side, recover on RF
3&4 Cross LF behind RF, step RF to side, cross LF over RF
5 - 6 Point RF to R side, turn ½ R stepping RF together (6:00)
7 - 8& Step LF to side swaying L, sway R, step LF together

Restart here on walls 1 and 3. You will be facing 6:00 both times to start again.

S5 [33 – 40] SIDE, BEHIND, CHASSE, CROSS ROCK INTO WEAVE

1 - 2 RF big step side dragging LF towards RF, step LF behind RF popping R knee
(Turning option: Turn ¼ R and step RF forward, step LF slightly forward and spiral turn ¾ R)
3&4 Step RF to side, step LF together, step RF to side
5& Cross rock LF over RF, recover on RF
6&7&8 Step LF to side, cross RF over LF, step LF to side, cross RF behind LF, step LF to side

S6 [41 – 48] ¼ TURN, TOUCH, ¼ TURN, POINT, WEAVE, SWAY L&R, TOGETHER

1 - 2 Step RF forward turning ¼ L, touch LF to side bumping hips to left diagonal (3:00)
3 - 4 Step LR in place turning ¼ R, point RF to R side (6:00)
5&6 Cross RF behind L, step LF to side, cross RF over L
7 - 8& Step LF to side swaying L, sway R, step LF together

S7 [49 – 56] SIDE, BEHIND, CHASSE, CROSS ROCK, SIDE, CROSS, SWAY L&R, TOGETHER

1 - 2 RF big step side dragging LF towards RF, step LF behind RF popping R knee
(Turning option: Turn ¼ R and step RF forward, step LF slightly forward and spiral turn ¾ R)
3&4 Step RF to side, step LF together, step RF to side

5&6& Cross rock LF over RF, recover on RF, step LF to side, cross RF over L
7 - 8& Step LF to side swaying L, sway R, step LF together

ENDING: Dance up to count 6 of section 1, on count 7 step RF together.
