

# 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.**

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