

Deep Inside My Heart

拍數: 32 牆數: 4 級數: Improver +
編舞者: Martine Canonne (FR) & Chrystel DURAND (FR) - March 2019
音樂: Deep Inside My Heart - Mark Wayne Glasmire : (Album: Can't Be Denied)



Start : 2x8 counts - No Tag No Restart

S 1 - TRIPLE FORWARD, KICK BALL STEP, MAMBO 1/2 TURN, PIVOT 1/2 TURN, PIVOT 1/4 TURN

1&2 Step RF forward, step LF next to RF, step RF forward
3&4 Kick LF forward, step LF next to RF, step RF forward
5&6 Step LF forward, recover onto RF, turn ½ left stepping LF forward (06:00)
7-8 Turn ½ left stepping back RF, turn ¼ left stepping LF to left side (09:00)

Option easy : counts 5 to 8 : Mambo LF (5&6), back RF (7), turn ¼ left stepping LF to left side (8)

S 2 - WEAVE, CROSS ROCK, 1/4 TURN AND TRIPLE FWD, STEP FORWARD, PIVOT 1/2 TURN

1&2& Cross RF over LF, step LF to left side, cross RF behind LF, step LF to left side
3-4 Cross RF over LF, recover onto LF
5&6 Turn ¼ right stepping RF forward, step LF next to RF, step RF forward (12:00)
7-8 Step LF forward, turn ½ left stepping back RF (06:00)

S 3 - SWEEP SAILOR L, SAILOR ¼ R, VAUDEVILLE, ½ TURN R

1&2 Cross LF behind RF with sweep LF, step RF to right side, step LF to left side
3&4 Cross RF behind LF, turn ¼ right stepping LF to left side, step RF to right side (NOTA : open your body to right diagonal) (09:00)
5&6&7 Cross LF over RF, step RF to right side, touch left heel diagonal left, step LF next to RF, cross RF over LF
8 Turn ½ left and keep weight on RF (03:00)

S 4 - COASTER STEP, GALLOP 1/2 TURN R, OUT-OUT, APPLE JACK (OR HEELS FAN)

1&2 Step LF back, step RF next to LF, step LF forward
3&4& Make ½ circle right stepping RF forward, step LF next to RF, step RF forward, step LF next to RF
5-6 Step RF to right side, step LF to left side
7&8& Rotate right heel and left toe to the left, back to the center rotate right toe and left heel to the right, back to the center

Option easy : counts 7&8&: Heel fan RF, back to the center, heel fan LF, back to the center

FINAL : Start S4 et change "GALLOP" with turn ¼ right for finish 12:00