

Free My Heart

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Pat Newell (USA) - June 2019
音樂: Unchain My Heart - Joe Cocker



Senior Starter Series - Learning: Vines, heel swivels, hip bumps, coaster step, jazz box

NO TAGS NO RESTARTS

In count: start after 8 drum beats

VINE RIGHT HEEL SWIVELS LEFT, RIGHT, LEFT RIGHT

1-4 Step R to R, L behind R, step R to R, step on L

5-8 Swivel heels left, center, left, center

VINE LEFT TO ¼ LEFT, BUMP HIPS TWO RIGHT FWD, TWO LEFT BACK ON ANGLE

1-4 Step L to L, step R behind L, turn ¼ L on L, touch R beside L - 9:00

5-8 Bump hips 2 times fwd to R diagonal, bump hips 2 times back to L diagonal

WALK FWD RIGHT, LEFT, RIGHT, TOUCH LEFT, STEP BACK LEFT, RIGHT, COASTER STEP

1-4 Walk forward R, L, R, touch L beside R

5-6 7&8 Step back L, R, step back on L, step R together with L, step forward on L

STEP RIGHT, TOUCH LEFT, STEP ¼ LEFT ON LEFT, BRUSH RIGHT, JAZZ BOX

1-4 Step R to R, touch L beside R, step L to ¼ L, brush R beside L - 6:00

5-8 Step R over L, step back on L, step down on R, step fwd on L

START AGAIN

DANCE FOR THE HEALTH OF IT

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