

Heart Pain

拍數: 32 牆數: 4 級數: Improver
編舞者: Andrés de la Rubia Alberti (ES) - April 2020
音樂: Heartache Medication - Jon Pardi



Alt. music: Long Walk (Brandy Clark)

[1-8] Point, Back, coaster step , steps (R&L), vaudeville 1/4 turn right

1-2 Point Rf to the right, Rf back
3&4 Lf back,Rf beside Lf(&), Lf forward
5-6 Steps forward R&L
7&8 Cross Rf over Lf, Lf ¼ turn right (&), Heel Rf diagonal forward

[9-16] Cross, side, shuffle cross, rock side, behind, side,cross

&1-2 Return Rf next Lf (&), Cross Lf over Rf (1), Rf to the right (optional snaps)
3&4 Cross Lf over Rf, Rf to the right, Cross Lf over Rf
5-6 Rf to the right, Turn weight Lf (optional Sway R&L)
7&8 Rf behind Lf, Lf to the left, Cross Rf over Lf

[17-24] Skates ¼ turn left, shuffle ½ turn left, stomp (R&L), swivels

1-2 Lf ¼ turn left, Rf diagonal forward
3&4 Lf ¼ turn left, Rf next Lf, Lf ¼ turn left
5-6 Stomp Rf forward, Stomp Lf next Rf (3^a)
7&8& move both heels out (7), in(&), out(8), in(&) (restart in 4 on 7 wall)

[25-32] Steps forward, cross,back,touch,big steps diagonal forward (R&L),step turn,touch

1-2 Rf forward, Lf forward
3&4 Cross Rf over Lf, Lf ¼ turn right (&), touch Rf beside Lf (restart in 3 wall)
5-6 Rf diagonal forward, Lf diagonal forward
7&8 Rf forward, ½ turn left, touch Rf forward

Note: Brandi Clark's music no restarts

Enjoy

Last Update - 27 April 2020
