

# Harmony

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - November 2020  
音樂: Harmony - Felix Cartal : (iTunes / Spotify)



(32 count intro / Dance starts on lyrics)

**[S1] Cross, Side, L Toe Fan Rock x2, R Toe Fan Rock, Hold, R Toe Fan Rock x2**

1 2            Cross R over L, Step L to the side (slightly dig L heel on the floor)  
3&4           Fan L toes out to the left/touch back on R toes to get balance, Recover on L heel/L toes to the centre, Fan L toes out to the left/touch back on R toes to get balance  
&5 6           Hop on R to the side (slightly dig R heel on the floor), Fan R toes out to the right/touch back on L toes to get balance, Hold (6)  
&7            Recover on R heel/R toes to the centre, Fan R toes out to the right/ touch back on L toes to get balance  
&8            Recover on R heel/R toes to the centre, Fan R toes out to the right/ touch back on L toes to get balance

**[S2] Side-Touch, Hold, 2x Side-Touch 1/4R Turn, Side-Together-Side-Touch, Side Rock, Cross Rock**

&1 2           Step L to the side, Touch R next to L, Hold  
&3            Step R to the side, Touch L next to R  
&4            Make a ¼ right stepping L to the side, Touch R next to L (3:00)  
&5&6          Step R to the side, Step L next to R, Step R to the side, Touch L next to R  
7&8&          Rock L to the side, Recover weight on R, Rock L across R, Recover weight on R

**[S3] 1/4L Fwd, 1/4L Side, Behind Rock-Recover 1/4R, 1/4R Fwd, 1/4R Side, Behind Rock-Side**

1 2            Make a ¼ turn left stepping forward on L, Make a ¼ turn left stepping R to the side (9:00)  
3&4           Rock L behind R, Recover/cross R over L, Make a ¼ turn right stepping back on L (12:00)  
5 6            Make a ¼ turn right stepping forward on R, Make a ¼ turn right stepping L to the side (6:00)  
7&8           Rock R behind L, Recover/cross L over R, Step R to the side

**[S4] Knee Out, In, Out-In, Side Rock, Ball-Side Rock, Ball-Fwd**

1 2            Dig L toes on the floor and slightly leaning your body to the left- L knee out, L knee in  
3&            Swiftly L knee out, L knee in  
4 5            Rock L to the side, Recover weight on R  
&6 7          Ball step L next to R, Rock R to the side, Recover weight in L  
&8            Ball step R next to L, Step forward on L\*\*

**[S5] Swivel Heels, Hold, Ball-Fwd-Swivel Heels, Hold, Ball-Fwd, Triple 1/2R Turn w/ Heel-**

&1 2           Swivel both heels out (L foot forward/ R foot back), Swivel both heels in, Hold  
&3            Ball step L close to R, Step forward on R  
&4 5           Swivel both heels out (R foot forward/ L foot back), Swivel both heels in, Hold  
&6            Ball step R close to L, Step forward on L  
7&8           Step forward on R, Make a ½ turn right stepping L close to R, Step forward on R heel (12:00)

**[S6] -&-Heel, Hold, &-Step-Pivot 1/2L, Fwd Lock Step R-L, Side**

&1 2           Step R next to L, Step forward on L heel, Hold  
&3 4           Step L next to R, Step forward on R, Make a ½ turn left recover weight on L (6:00)  
5&6           Step diagonally forward on R, Lock step L behind R, Step forward on R  
&7&8          Step diagonally forward on L, Lock step R behind L, Step forward on L, Step R to the side

**[S7] Behind Rock, 1/4L Shuffle Fwd, Step-Pivot 1/2L-1/2L Shuffle Back-**

1 2 Rock L behind R, Recover/cross R over L  
3&4 Making a ¼ turn left shuffle forward on L-R-L (3:00)  
5 6 Step forward on R, Make a ½ turn left recover weight on L  
7&8 Making a ½ turn left shuffle back on R-L-R (3:00)

**[S8] -1/2L-1/2L-Coaster Step, Fwd-Samba 1/4R, Cross-Samba**

1 2 Make a ½ turn left stepping forward on L, Make a ½ turn left stepping back on R (3:00)  
3&4 Step back on L, Step R next to L, Step forward on L  
5&6 Step forward on R, Make a ¼ turn right stepping (rock) L to the side, Recover weight on R (6:00)  
7&8 Cross L over R, Rock R to the side, Recover weight on L

**Restart on Wall 3 count 32\*\* (6:00)**

**The last wall (wall 6 starts at 6:00), dance up to count 32 (12:00), then step forward on R.**

**Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 4/Nov/20)**

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