

Chain My Heart

拍數: 64 牆數: 2 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - July 2021
音樂: Chain My Heart - Topic & Bebe Rexha : (Spotify)



(16 counts intro/Start dancing on lyrics)

[S1] Step-Pivot 1/4L-Cross, Quick 3/4R Turn, Rocking Chair

1 2 3 Step forward on R, Male a 1/4 turn left recover weight on L, Cross R over L (9:00)
4& Make a 1/4 turn right stepping back on L, Make a 1/2 turn right stepping forward on R (6:00)
5 6 7 8 Rock forward on L, Recover weight on R, Rock back on L, Recover weight on R

[S2] Side Shuffle, Behind, 1/4L-Step-Pivot 3/4L, Side Shuffle, Back Rock

1&2 Left side shuffle on L-R-L
3 4 Step R behind L, Make a 1/4 turn left stepping forward on L (3:00)
&5 Step forward on R, Make a 3/4 turn left recover weight on L (6:00)
6&7 Right side shuffle on R-L-R
8 1 Rock back on L and slightly hitch R knee, Recover weight on R

[S3] Lock Step Fwd-1/2L Back Rock, Lock Step Fwd-1/4R Back Rock

2&3 Step forward on L, Lock R behind L, Step forward on L
4 5 Making a 1/2 turn left rock back on R and slightly hitch L knee, Recover weight on L (12:00)
6&7 Step forward on R, Lock L behind R, Step forward on R
8 1 Making a 1/4 turn right rock back on L and slightly hitch R knee, Recover weight on R (3:00)

[S4] Run-Run, Point-1/4L w/ Figure 4, Fwd-Together, Fwd, Point-1/4R w/ Figure 4

&2 Run forward on L-R
3 4 Touch L out to the side, Make 1/4 turn left on R ball hitching L knee (figure 4) (12:00)
&5 6 Step forward on R, Step L together, Step forward on R
7 8 Touch R out to the side, Make 1/4 turn right on L ball hitching R knee (figure 4) (3:00)

[S5] Brush, Heel Bounce, Heel-Toe-Heel Swivel In, Step-Pivot 1/2R, Fwd-Samba

1&2 Brush R toe diagonally forward, Step R to the side, Bounce R heel
3&4 Bring L foot towards the right with a heel-toe-heel (weight on R)
5 6 Step forward on L, Make a 1/2 turn right recover weight on R (9:00)
7&8 Step forward on L, Rock R to the side, Replace weight on L

[S6] L Full Turn Fwd, Fwd-Samba, Step-Pivot 1/2R, 1/2R, 1/4R

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

[S7] Fwd Shuffle, Step-Pivot 1/4L, Fwd, Kick, Coaster Step

1&2 Shuffle forward on L-R-L
3 4 Step forward on R, Make a 1/4 turn left recover weight on L (3:00)
5 6 Step forward on R, Kick forward on L
7&8 Step back on L, Step R next to L, Step forward on L

[S8] Hitch-Kick, Behind-1/4L-Side, Scuff, Brush, Scuff, Side

1 2 Hitch R knee forward, Kick diagonally forward on R
3&4 Step R behind L, Make a 1/4 turn left step forward on L, Step R to the side (6:00)

5 6 Scuff L heel forward, Brush L toe back/across R
7 8 Scuff L heel forward, Step L to the side

Ending: Dance up to count 31 (12:00)

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 14/Jul/21)**
