

This Old Heart

拍數: 64 牆數: 4 級數: Improver
編舞者: Lindsay Spence (SCO) - February 2021
音樂: This Old Heart of Mine - The Contours



Start on vocals, Restart wall 3.

Section 1 Walk forward R/L/R Kick L forward, Walk backward L/R/L touch

1,2,3,4. R foot forward, L foot forward, R foot forward, L forward kick.
5,6,7,8 L foot walk back, R foot back, L foot back touch R beside L.

Section 2 Vine R, Vine L ¼ Turn.

1,2,3,4. R foot side, L foot behind, R foot side, L foot touch. Beside R
5,6,7,8. L side, R behind, L foot turn ¼ touch.

Restart wall 3

Section 3 R diagonal forward step together, step together, L diagonal forward step together, step together.

1,2,3,4, R foot step forward 1/8, L foot beside, R foot step forward, L foot beside.
5,6,7,8 L foot step forward 1/8, R foot beside, L foot step forward, R foot beside.

Section 4 R, step diagonal back together, R step back together, L step diagonal back together, L step back together.

1,2,3,4 R foot step back 1/8, L foot beside. R foot step back, L foot beside.
5,6,7,8 L foot step back 1/8. R foot beside, L foot back, R beside.

Section 5 R Side hold, Together Side touch, L side hold L Side Together Side, Touch

1,2&3,4 R foot to R side hold, L foot beside, R foot to R side L foot touch.
5,6&7,8 L foot to L side hold, R foot beside, L foot to L side, R foot touch.

Section 6 R shuffle forward, step ½ turn, L shuffle forward, step ½ turn

1&2,3,4 R foot forward, L foot beside, R foot forward, L step forward making ½ turn,
5&6,7,8 L foot forward, R foot forward, R foot forward making ½ turn

Section 7 figure 8

1,2,3,4, R foot side, L foot behind, R foot side, step ¼ turn right,
5,6,7,8 Turn ½ right, step left foot to side, right foot behind, step left foot forward

Section 8 R rock coaster, L rock coaster

1,2,3&4 R foot rock forward recover, step back right, left, step right foot forward
5,6,7,8 L foot rock forward recover, step back left, right, step left forward.

Hope you enjoy this dance!!