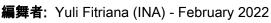
Secret of Heart

拍數: 32

級數: Intermediate



音樂: Rahasia Hati - Element : (Spotify)

Intro: 8 counts

S1. FORWARD WITH SWEEP TURN 1/4 LEFT, CROSS, SCISSOR STEP, SIDE, WALK BACK WITH SWEEP L-R-L, COASTER STEP

- 1 2 1/4 turn left step L forward and sweep R to front(09.00) cross R over L
- 3&4& Step L to side- step R next to L-cross L over R step R to side
- 5 6 step L to back and sweep R to back- step R to back and sweep L to back
- 7 8& Step L to back and sweep R to back step R to back- step L together

S2. FORWARD, RUN R-L-R-L MAKE A CURVE TURN RIGHT, FORWARD WITH SWEEP, CROSS, SCISSOR STEP

- 1 2 Step R forward- step L forward
- 3&4& 1/4 turn right step R forward step L forward- 1/4 turn right step R forward step L forward
- 5 6 Step R forward and sweep L to front-cross L over R
- 7 8& Step R to side- step L next to R Cross R over L

S3. CONTINUOUS VINE LEFT, BEHIND, FORWARD TURN 1/4 RIGHT, SPIRAL FULL TURN RIGHT, FORWARD, TOGETHER

- 1 2& Step L to side- step R behind L step L to side
- 3 &4 Cross R over L step L to side-cross R behind L and sweep L to back
- 5 6 Cross L behind R 1/4 turn right step R forward (06.00)
- 7 8& Step L forward and make ½ turn right(12.00) continue 1/2 turn right and step R forward (06..00)- step L together

S4. MODIFIED JAZZ BOX, COASTER STEP, SWAYS, UNWIND FULL TURN LEFT

- 1-2-3 Step R forward and sweep L to front- cross L over R step R to back
- 4& 5 Step L to back- step R together step L forward
- 6-7 Step R to side and sway hips to right- sway hips to left
- 8& Cross R over L make a full turn left weight on R(06.00)

*Restart on wall 5 after 16 count exclude '&' with change step,

Do the step below :

7 - 8 Step R to side - Touch L next to R, then restart facing 12.00

Happy dancing!!

Please contact me for more info : Yulfit1907@gmail.com





牆數:2