

Tell It to My Heart

拍數: 64 牆數: 2 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - March 2022
音樂: Tell It To My Heart (feat. Hozier) - Meduza : (iTunes/Amazon/ Spotify)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(16 counts intro/Starts on lyrics)

[S1] Back Rock-Side Rock, Cross-Hitch, Cross Shuffle-Side

1 2 3 4 Rock back on R, Replace weight on L, Rock R to the side, Replace weight on L
5 6 Cross R over L, Hitch L knee
7&&8 Cross L over R, Step R close to L, Cross L over R, Step R to the side

[S2] Back Rock-Side Rock, Cross-Hitch, Cross, 1/4R

1 2 3 4 Rock back on L, Replace weight on R, Rock L to the side, Replace weight on R
5 6 Cross L over R, Hitch R knee
7 8 Cross R over L, Make a 1/4 turn right stepping back on L (3:00)

[S3] Heel Fwd-Toe-Heel Fwd-Heel Cross-Heel Side-Heel Fwd-Brush In-Out

1 2 3 Touch R heel forward, Touch R toe back, Touch R heel forward
4 5 6 Touch/cross R heel over L, Touch R heel to the side, Touch R heel forward
7 8 Brush R foot across L, Brush R foot out forward

[S4] Side-Heel Fwd-Heel Cross-Heel Side-Heel Fwd-Heel Grind Turn 1/4R, Behind Rock-Point

1 2 Step R to the side, Touch L heel forward
3 4 Touch/cross L heel over R, Touch L heel to the side
5 6 Touch L heel forward, Grind heels making 1/4 turn right (stepping down on L foot / R toe up)
(6:00)
7&8 Rock R behind L, Replace weight on L, Point R to the right**

[S5] Behind-Cross-Back-Side-Cross-1/4R-1/4R-Hitch

1 2 3 Step R behind L, Cross L over R, Step back on R
4 5 6 Step L to the side, Cross R over L, Make a 1/4 turn right stepping back on L (9:00)
7 8 Making a 1/4 turn right stepping R to the side, Hitch L knee across R (12:00)

[S6] Side, Behind, L Rolling Vine w/ Hitch, Side, Behind

1 2 Step L to the side, Step R behind L
3 4 Make a 1/4 turn left stepping forward on L, Make a 1/2 turn left stepping back on R
5 6 Make a 1/4 turn left stepping L to the side, Hitch R knee across L (12:00)
7 8 Step R to the side, Step L behind R

[S7] 1/4R Fwd Shuffle, Step-Pivot 1/4R, Samba 1/4L Turn, Triple 3/4R Turn

1&2 Make a 1/4 turn right shuffle forward on R-L-R (3:00)
3 4 Step forward on L, Make a 1/4 turn right recover weight on R (6:00)
5&6 Step forward on L, Making a 1/4 turn left step/rock R to the side, Replace weight on L (3:00)
7&8 Step forward on R, Make a 1/2 turn right stepping L next to R, Make a 1/4 turn right stepping
R beside L (12:00)

[S8] Samba 1/4L Turn, Cross-Spiral 3/4R, Fwd, Fwd, Fwd Rock

1&2 Step forward on L, Making a 1/4 turn left step/rock R to the side, Replace weight on L (9:00)
3 4 Step forward on R, Step L to the side making a 3/4 spiral turn right weight on L foot (6:00)
5 6 Step forward on R, Step forward on L

7 8

Rock forward on R, Replace weight on L

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

Ending: Dance up to count 32 (12:00)

(updated: 30/Mar/22)
