

Look Out Heart

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Hiroko Carlsson (AUS) - April 2023
音樂: Look out Heart - Connie Smith : (Spotify / Apple Music / Deezer)



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

(Dance starts on lyrics)

[S1] Walk-Walk-Walk-Kick, V Step, Heel Split, Heel Switches, V Step

1&2& Walk forward on R-L-R (1 2 3), Kick forward on L (4)
3&4& Step L to the side, Step R to the side, Step L back to the centre, Step R back to the centre
5&6& Keeping toe together split heels apart, Replace to the centre, Bounce R heel, Bounce L heel
7&8& Step R to the side, Step L to the side, Step R back to the centre, Step L back to the centre

[S2] R Side Toe Strut-Back Rock, 1/4R Side Toe Strut-Rock Back, Side-Cross Kick-Side Touch, Side-Cross Kick-Side

1&2& Touch R toe to the side, Drop R heel down, Rock L behind R, Replace weight on R
3&4& Making a ¼ turn right/touch L toe to the side (3:00), Drop L heel down, Rock R behind L,
Replace weight on L
5&6& Step R to the side, Cross/kick L across R, Step L to the side, Touch R next to L
7&8 Step R to the side, Cross/kick L across R, Step L to the side

[S3] Behind-1/4L-Step-Pivot, Rocking Chair, Side-Kick, Behind-Out-Out, Behind-Out-Out

1&2& Step R behind L, Make a ¼ turn left stepping forward on L (12:00), Step forward on R, Make
a
½ turn left recover weight on L (6:00)
3&4& Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L
5& Step R to the side, Kick diagonally forward on L
6&7 Step L behind R, Step R to the side, Step L to the side
&8& Step R behind L, Step L to the side, Step R to the side

[S4] Behind, 1/4R, Step-Pivot-1/2R w/ Sweep, Behind, 1/4L, Fwd Rock-Back-Together

1 2 Step L behind R, Make a ¼ turn right stepping forward on R (9:00)
3&4 Step forward on L, Make a ½ turn right recover weight on R, Make a ½ turn right stepping
back on L/with sweeping R around L (9:00)
5 6 Step R behind L, Make a ¼ turn left stepping forward on L (6:00)
7&8& Rock forward on R, Replace weight on L, Step back on R, Step L together

No tags or restarts

Ending suggestion: The last wall starts facing 6:00. Dance up to count 6& (6:00). Then,
Step-Pivot ½ turn left to the front.

(updated: 11/Apr/23)