

Sheer Heaven

拍數: 64 牆數: 2 級數: High Beginner
編舞者: Charlotte Steele (SA) - September 2023
音樂: Ich hab den Himmel geseh'n - Ireen Sheer



This dance is dedicated to Martie Papendorf, just because...

Intro: Start on vocals. No Tags or Restarts.

Sec.1 Toe Touches/Taps, Shuffle Forward: Twice.

1,2 Touch/tap R toes forward, cross-touch/tap R toes over LF
3&4 Step R forward, step L next to R, step R forward
5,6 Touch/tap L toes forward, cross-touch/tap L toes over RF
7&8 Step L forward, step R next to L, step L forward (12:00)

Sec.2 R Fwd Rock-Recover. Shuffle 1/2 Turn Right. L Fwd Rock-Recover. Shuffle 1/2 Turn Left.

1,2 Rock forward on R, recover back onto L
3&4 Pivot ½ turn right stepping forward on R, step L next to R, step R forward (6:00)
5,6 Rock forward on L, recover back onto R
7&8 Pivot ½ turn left stepping forward on L, step R next to L, step L forward (12:00)

Sec.3 Side-Together. Chasse Right. Side-Behind. Chasse 1/4 Turn Left.

1,2 Step R to right side, step L next to R (weight onto L)
3&4 Step R to right side, step L next to R, step R to right side (weight onto R)
5,6 Step L to left side, step R behind L (weight onto R)
7&8 Step L to left side, step R next to L, turn ¼ left stepping forward onto L (weight onto L) (9:00)

Sec.4 Walk Forward RLR-Kick-Clap. Walk Back LRL-Touch-Clap.

1-4 Walk forward stepping R-L-R, kick L forward and clap
5-8 Walk back stepping L-R-L, touch R next to L and clap (9:00)

Sec.5 Monterey 1/2 Turn Right. Jazz Box.

1,2 Touch R out to right side, pivot ½ turn right while dragging R next to L (weight onto R) (3:00)
3,4 Touch L out to left side, step L next to R (weight onto L)
5,6 Cross R over L, step L back (weight onto L)
7,8 Step R to right side, step L forward (weight onto L) (3:00)

Sec.6 Diagonal Forward Step-Lock, Step-Lock-Step: Twice.

1,2 Step R forward to right diagonal, lock L behind R
3&4 Step R forward to right diagonal, lock L behind R, step R forward
5,6 Turn to face left diagonal and step forward on L, lock R behind L
7&8 Step L forward to left diagonal, lock R behind L, step L forward (weight onto L)

Sec.7 Diagonal Step-Touches Back with Claps x 4.

1,2 Still facing left diagonal, step back on R, touch L next to R and clap
3,4 Turn to face right diagonal and step back on L, touch R next to L and clap
5,6 Turn to face left diagonal and step back on R, touch L next to R and clap
7,8 Turn to face front and step back on L, touch R next to L and clap (3:00)

Sec.8 Monterey 1/4 Turn Right. Slow R Coaster Step. Step L Forward.

1,2 Touch R out to right side, pivot ¼ turn right while dragging R next to L (6:00)
3,4 Touch L out to left side, step L next to R (weight onto L)
5,6,7 Step back on R, step L next to R, step R forward (weight onto R)

8 Step L forward (weight onto L) (6:00)

Start Again. Put some bounce into your steps - have fun – enjoy!

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