

Back to Your Heart

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Ronny Palerud Larsen (NOR) - September 2023
音樂: Back To Your Heart - Delta Goodrem



NO TAGS OR RESTARTS

[1-9] Slide, hold & cross, step, lock, step, rock, recover, step lock step

1,2&3 Slide RF right, hold, step LF beside RF, cross RF in front of LF towards left diagonal
4&5 Step LF forward, lock RF behind LF, step LF forward (all facing 10.30)
6,7 Rock RF forward, Recover to LF
8&1 Step RF back, lock LF in front of RF, step RF back

[10-17] Behind, side, cross, rock and cross, turn 1/4, forward, mambo step

2&3 Cross LF behind RF, step RF right, cross LF in front of RF
4&5 Rock RF right, recover to LF, cross RF in front of LF
6,7 Turn 1/4 right stepping LF back, turn 1/2 turn right stepping RF forward
8&1 Rock LF forward, recover to RF, step LF back

[18-25] Run backwards, coaster step, lock, step 1/4, cross mambo side

2&3 Run backwards RLR
4&5 Step LF backwards, step RF beside LF, step LF forward
6,7 Lock RF behind LF, turn 1/4 left stepping LF forward
8&1 Rock RF in front of LF, recover to LF, step RF right

[26-33] Cross, mambo side, cross mambo 1/4 turn, lock 1/4 step, rock recover sweep

2&3 Cross LF over RF, recover to RF, step LF left
4&5 Cross RF over LF, recover to LF, turn 1/4 right stepping RF forward
6,7 Lock LF behind RF, turn 1/4 right stepping RF forward
8,1 Rock LF forward, recover to RF while sweeping LF front to back

[34-41] Behind, side, cross, rock and cross, rock and cross, step 1/2 turn, slide

2&3 Step LF behind RF, step RF right, cross LF over RF
4&5 Rock RF right, recover to LF, cross RF over LF
6&7 Rock LF left, recover to RF, cross LF over RF
8&1 Step RF forward, turn 1/2 turn left stepping LF forward, slide RF right

[42-48] Behind, side, cross, pressure step with backwards slide, behind, side cross, cross rock, recover

2&3 Cross LF behind RF, step RF right, cross LF over RF
4,5 Rock RF to right diagonal, recover to LF while sliding LF back
6,7 Cross RF behind LF, step LF left
8& Rock RF over LF, recover to LF

Start again and enjoy this wonderful piece of music!