

Listen To My Heart EZPZ

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Liz Atkinson (USA) - September 2024
音樂: Listen - Eloise Viola



Intended for use as an easier split-floor dance to accompany Maggie Gallagher & Gary O'Reilly's wonderful Intermediate dance, 'Listen to My Heart'.

#4 count intro. Begin with lyrics "hold"
NO Tags or Restarts

S1: CHARLESTON, MODIFIED CHARLESTON

1, 2, 3, 4 Step RF fwd, kick LF fwd, step LF back, touch RF back
5, 6, 7&8 Step RF fwd, kick LF fwd, "Cha-cha-cha" in place LF-RF-LF

S2: VINE R, VINE L 1/4L TRIPLE

1, 2, 3, 4 Step RF to R side, step LF behind RF, step RF to R side, touch LF beside RF
5, 6, 7&8 Step LF to L side, step RF behind LF, 1/4L (9:00) triple fwd LF-RF-LF

S3: ROCKING CHAIR X2 (OPTIONAL PIVOTS)

1, 2, 3, 4 Rock fwd onto RF, recover LF, rock back onto RF, recover LF
5, 6, 7, 8 Rock fwd onto RF, recover LF, rock back onto RF, recover LF

*optional: 1/2L pivot twice in place of second rocking chair

S4: STEP, TOUCH, STEP, TOUCH, BUMP X4

1, 2, Step RF to R/Fwd diagonal, touch LF beside RF
3, 4 Step LF to L/Back diagonal, touch RF beside LF
5, 6, 7, 8 Bump hips R-L-R-L

Contact: info@LizAtkinsonDance.com Asheville, NC, USA
