

Rock 'N' Roll Heart

拍數: 48 牆數: 2 級數: High Improver - Challenge
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音樂: I've Got a Rock 'N' Roll Heart - Eric Clapton



Intro: 16 C A some little goodies, please see the bottom fo the step sheet

SEC. 1 R VINE 1/4 TURN R, R AND L CROSS ROCK

1 – 2 Step R to R side (1) step L behind R (2)
3 – 4 1/4 turn R stepping fwd R (3) step fwd L (4)
5 – 6 & Cross step R over L (5) recover to L (6) step R to R side (&)
7 – 8 Cross step L over R (7) recover to R (8)

SEC. 2 CROSS SHUFFLE, SIDE STEP, 1/4 TURN L, CROSS, SIDE, BEHIND, STEP, DRAG, TOGETHER

1 & 2 Cross step L over R (1) step R to R side (&) cross step L over R (2)
3 – 4 1/4 turn L stepping back on R (3) 1/4 turn L stepping L to L side (4)
5 & 6 Cross step R over L (5) step L to L side (&) step R behind L (6)
7 – 8 Large step L to L side (7) drag and step R beside L (8)

SEC. 3 POINT L AND R, STEP 1/2 TURN, FWD MAMBO, BACK MAMBO

1 & 2 & Point L toe to L side (1) step L beside R (&) point R to R side (2) step R beside L (&)
3 – 4 Step fwd L (3) 1/4 turn R (4)
5 & 6 step back on R (5) recover to R (&) step back on L (6)
7 & 8 Step back on R (7) recover to L (&) step fwd R (8) Ending: Step R to R (7) recover to L (&) 1/4 turn R (8)

SEC. 4 SIDE STEP, BEHIND, SIDE, CROSS ROCK STEP, STEP, HOLD, BACK ROCK STEP

1 – 2 & Step L to L side (1) step R behind L (2) step L to L side (&)
3 – 4 Cross step R over L (3) recover to L (4)
5 – 6 Large step R to R side (5) hold and drag (6)
7 – 8 Cross step L behind R (7) recover to R (8) When restart here hold count (8) then restart (6:00)

SEC. 5 PADDLE TURN R X3, STEP, PADDLE TURN L X3, STEP

1 & 2 & Point L toe to L side (1) 1/4 turn R (&) point L toe to L side (2) 1/4 turn R (&)
3 & 4 Point L toe to L side (3) 1/4 turn R (&) step fwd L (4)
5 & 6 & Point R toe to R side (5) 1/4 turn L (&) point R toe to R side (6) 1/4 turn L (&)
7 & 8 Point R toe to L side (7) 1/4 turn L (&) step fwd R (8)

SEC. 6 STEP 1/4 TURN L, L SHUFFLE FWD, STEP 1/4 TURN L, WALK R, L

1 – 2 Step fwd L (1) 1/4 turn R (2)
3 & 4 Step fwd L (3) step R beside L (&) step fwd L (4)
5 – 6 Step fwd R (5) 1/4 turn L (6)
7 – 8 Step fwd R (7) step fwd L (8)

Tag: after wall 1 and wall 3 both facing (6:00) Cross rock steps, R over L and L over R (1-2-&) (3-4-&)

Restart: after 32 counts during wall 5, when restart hold count (8) then restart (6:00)

Ending: after 24 C replace back mambo with side mambo 1/4 turn R
Start over again!

Have fun & happy dancing

Please do not change anything in this step-sheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.
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