

Achy Heart - Losing My Mind

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sue Korek (USA) - 30 December 2024
音樂: Achy Breaky Heart - Billy Ray Cyrus
或: I Heard It Through the Grapevine - Marvin Gaye



Alternate Music:

I Heard It Through the Grapevine (HQ Remastered) (Marvin Gaye—26 August 1968) Intro: 32 counts start on vocals, bpm=117

No tags, no restarts

Intro: 16 counts

Section 1 (POINT R FWD, POINT R SIDE, CROSS R, POINT L, L BEHIND-SIDE, CROSS SHUFFLE LRL)

1-2 Point R forward, point R side
3-4 Cross R over L, point L side
5-6 Step L behind R, step R beside L
7&8 Cross L over R, step R beside L, cross L over R

Section 2 (WEAVE RIGHT, SIDE SHUFFLE RIGHT, ROCK)

1-2 Step R right, step L behind R
3-4 Step R right, step L across R
5&6 Step R right, shuffle L beside R, step R right
7-8 Rock L back, recover R

Section 3 (WEAVE LEFT, SIDE SHUFFLE LEFT, 1/4 TURN RIGHT, ROCK)

1-2 Step L left, step R behind L
3-4 Step L left, step R across L
5&6 Step L left, shuffle R beside L, step L left
7-8 1/4 turn right rock R back, recover L

Section 4 (ROCK, 1/4 TURN RIGHT SHUFFLE, ROCK, 1/4 TURN LEFT SHUFFLE)

1-2 Rock R forward, recover on L
3&4 1/4 turn right shuffle forward (6:00)
5-6 Rock L forward, recover on R
7&8 1/4 turn left shuffle forward (3:00)

Enjoy this Beginner dance with a challenging beginning, good weaves, and shuffle steps!

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