

Latin Heart

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Lisa Ferguson (UK)
音樂: Here Is My Heart - Lionel Richie



CROSS RIGHT (SHIMMY, POINT LEFT, CROSS RIGHT (SHIMMY, POINT LEFT, JAZZ BOX

1-2 Cross right over left (bend knees, point left (straighten up))
As you cross right over left put arms out to sides and shimmy
3-4 Cross left over right (bend knees, point right (straighten up))
As you cross left over right put arms out to sides and shimmy
5-6 Cross right over left, step back on left
7-8 Step back on right, step left beside right

CAT WALK RIGHT, LEFT, STEP, LOCK, STEP, ROCK, REPLACE, SHUFFLE ½ TURN LEFT

1-2 Step right forward across left, step left forward across right
3&4 Step forward right, cross left behind right, step forward right
5-6 Rock forward on left, replace weight onto right
7&8 Make ½ turn shuffle over left shoulder stepping left, right, left

FULL TURN, RIGHT STEP, LOCK, STEP, STEP LEFT ¼ PIVOT, CROSS, SIDE, BEHIND

1-2 Make full turn forward over left shoulder stepping left, right
3&4 Step forward right, cross left behind right, step forward right
5-6 Step forward left, ¼ pivot turn right
7&8 Cross left over right, step right to right side, cross left behind

STEP, SLIDE, STEP, SLIDE, BEHIND, REPLACE, TOE, HEEL, TOE, STEP RIGHT ¼ RIGHT

1-2 Step right to right side, slide left next to right
3 Step left to left side sliding right towards left
&4 Rock right behind left, replace weight onto left
5-6 Touch right toe beside left, touch right heel beside left
7-8 Touch right toe beside left (bend knees, step right ¼ turn right (straighten up))

ROCK, REPLACE, SHUFFLE ½ TURN LEFT, JAZZ BOX

1-2 Rock forward on left, replace weight onto right
3&4 Make ½ turn shuffle over left shoulder stepping left, right, left
5-6 Cross right over left, step back on left
7-8 Step back on right, step left beside right

SNAKE ROLLS RIGHT, LEFT, 2 X PADDLE 1/8 TURNS LEFT, 2 X PADDLE ¼ TURNS LEFT

1-2 Roll body to right
3-4 Roll body to left
5&6& Touch right out make two 1/8 turns left
7&8 Touch right out make two ¼ turns left

REPEAT
