

Lost Heart Slide

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Stella Cabeza (USA)
音樂: Put Your Heart Into It - Sherrié Austin



TRAVELING BACKWARDS STEP HOLD-STEP HOLD TWIST-TWIST-HOLD

1-2 Step side right on right twisting to right, hold
3-4 Step side left on left twisting to left, hold
5-8 Twist right, twist left, twist right, hold

1-2 Step side left on left twisting to left, hold
3-4 Step side right on right twisting right, hold
5-8 Twist left, twist right, twist left, hold

STEP CLAP TURN ¼ CLAP STEP CLAP ½ TURN CLAP ¾ LEFT COMPLETE

1-2 Step forward on left, bend forward clap low
3-4 Pivot ¼ turn left weight on left, clap up
5-6 Step forward on right, bend forward clap low
7-8 Pivot ½ turn left weight on left, clap up

SHUFFLE-SHUFFLE -WALK-WALK-SHUFFLE

1&2-3&4 Shuffle forward right-left-right, - left-right-left
5-6-7&8 Walk right, walk left, shuffle right-left-right

STEP SLIDE STEP SLIDE SHUFFLE ¼ LEFT ½ RIGHT ¼ LEFT ½ RIGHT

1-4 Step giant step left on left, drag right together (3 counts)
5-8 Step giant step back on right, drag left together (3 counts)

1&2-3&4 Shuffle ¼ turn left left-right-left, shuffle ½ turn right-right-left-right
5-8 Shuffle ¼ turn left left-right-left, shuffle ½ turn right-right-left-right

1-4 Step side left, drag right together (3 counts)
5-8 Step giant step back on left, drag right together (3 counts)

1-4 Shuffle ¼ turn left on left-right-left, ½ turn shuffle right-right-left-right
5-8 Shuffle ¼ turn left on left-right-left, ½ turn right stomp right, stomp left

REPEAT
