

One Heart

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Wesley Cowie (UK)
音樂: One Heart - Céline Dion



WALKS BACK, TRIPLE ½ TURN, FULL TURN, FORWARD SHUFFLE

1-2 Walk back right, walk back left
3&4 Triple step ½ turn right, stepping - right, left, right
5 On ball of right make ½ turn right stepping back left
6 On ball of left make ½ turn right stepping forward on right
7&8 Step forward on left, close right beside left, step forward on left

KICK FORWARD AND OUT, SAILOR STEP, CROSS ROCK, TRIPLE ½ TURN

1-2 Kick right foot forward, kick right foot out to right side
3&4 Cross right behind left, step left to left side, step right to right side
5-6 Cross rock left in front of right, recover weight back onto right
7&8 Triple step ½ turn left, stepping - left, right, left

ROCK FORWARD, COASTER STEP, PIVOT ½ TURN, FORWARD SHUFFLE

1-2 Rock forward on right foot, recover weight onto left foot
3&4 Step back onto right, close left beside right, step forward onto right
5-6 Step forward on left foot, pivot ½ turn right
7&8 Step forward on left, close right beside left, step forward on left

¼ TURNS WITH TOUCHES & CLICKS, SIDE TOUCH WITH TOUCH & CLICK

1-2 Make ¼ turn left stepping right to right, touch left beside right
3-4 Make ¼ turn right stepping back onto left, touch right beside left
5-6 Make ¼ turn right stepping right to right, touch left beside right
7-8 Step left to left, touch right beside left

In count 2 click fingers to right side, in count 4 click fingers to left side

In count 6 click fingers to right side, in count 8 click fingers to left side

ROLLING FULL TURN RIGHT, SIDE CHASSE, ROCK ACROSS, SAILOR CROSS

1-2 Make full turn right, stepping - right, left
3&4 Step right to right, close left beside right, step right to right
5&6 Rock left foot across right, rock back onto right, step left to left
7&8 Cross right behind left, step left to left, cross right across left

ROLLING FULL TURN RIGHT, SIDE CHASSE, ROCK ACROSS, SAILOR CROSS

1-2 Make full turn left, stepping - left, right
3&4 Step left to left, close right beside left, step left to left
5&6 Rock right foot across left, rock back onto left, step right to right
7&8 Cross left behind right, step right to right, cross left across right

2 SKATES, RIGHT LOCK STEP, 2 SKATES, LEFT LOCK STEP

1-2 Skate right to right diagonal, skate left to left diagonal
3&4 Step forward right, lock left behind right, step forward right
5-6 Skate left to left diagonal, skate right to right diagonal
7&8 Step forward left, lock right behind left, step forward left

CROSS HEEL JACK, CROSS HEEL JACK, MONTEREY TURN

1& Cross right over left, step back onto left

- 2& Dig right heel forward, step right in place
- 3& Cross left over right, step back onto right
- 4& Dig left heel forward, step left in place
- 5-6 Point right to right side, make $\frac{1}{2}$ turn right stepping right beside left
- 7-8 Point left to left side, close left beside right

REPEAT
