

# One Heart!

拍數: 36      牆數: 4      級數: Intermediate  
編舞者: Chris Williams (UK)  
音樂: Ain't That A Lot Of Love - Tom Jones & Simply Red



The choreographer was age 15 when this dance was written.

## HEEL TAPS WITH WEAVES

- 1-2            Tap right heel twice, clicking fingers on taps
- 3&4           Cross right behind left. Step left to left side. Cross right over left
- 5-6           Tap left heel twice, clicking fingers on taps
- 7&8           Cross left behind right. Step right to right side. Cross left over right

**Note: while tapping heel, keep toe on floor and lean back on the diagonal**

## RIGHT VINE WITH CROSS TOUCHES AND ½ TURN

- 1-2            Step right to right side. Cross left behind right.
- &3&4          Step right to right side & cross left over right. Touch right toe to right side & hitch right knee
- 5-6           Cross right over left. Touch left to left side.
- 7              Cross left behind right
- 8              Unwind ½ turn stepping back on right & touching left heel forward

## SHIMMIES, ROCK & TRIPLE TURN

- &1            Step down on left & touch right toe back, rolling right shoulder forward on count 1
- 2              Roll right shoulder forward on count 2
- &3            Jump forward in two small steps, right, left, bumping hips to left on count 3
- 4              Bump hips to left on count 4
- 5-6          Step forward on right & rock forward onto left. Recover onto right.
- 7&8          Triple turn left, right, left, ½ turn left

**Counts 1 - 4 are meant to be done with style. The rolls & hip bumps can be easily replaced with whatever you feel comfortable with**

## HEEL JACKS WITH CROSSES

- 1-2            Step right to right side. Cross left behind right
- &3&4          Step back on right, touching left heel forward. Step down on left, crossing right over left
- 5-6           Step left to left side. Cross right behind left
- &7&8          Step back on left, touching right heel forward. Step down on right, crossing left over right

## SIDE STEPS WITH HEEL TOUCHES AND HEEL SWITCHES

- 1-2            Step right to right side. Touch left heel diagonally forward to left
- 3-4           Step left to left side turning ¼ to right. Touch right heel diagonally forward to right
- &5&6          Step down on right, touching left heel forward. Step back on left, touching right heel forward
- &7&8          Step back on right, touching left heel forward. Step left beside right, swiveling heels out & in.

## CROSS TOUCHES

- 1-2            Touch right to right side. Cross right over left
- 3-4            Touch left to left side. Cross left over right
- 5-6            Touch right to right side. Cross right over left
- 7-8            Touch left to left side. Cross left over right

## REPEAT