

Put Your Heart In To It

拍數: 0 牆數: 0 級數:
編舞者: Sheri Gay (CAN)
音樂: Put Your Heart Into It - Sherrié Austin



Sequence: AB,AB,BA,BA

SECTION A

SIDE POINTS RIGHT THEN LEFT

- &1-2 Left foot cross in front of right foot, right foot point right side, hold
- &3-4 Right foot cross in front of left foot, left foot point left side, hold
- &5-6 Left foot cross in front of right foot, right foot point right side, hold
- &7-8 Right foot cross in front of left foot, left foot point left side, hold

CROSS, SIDE, COASTER STEP LEFT THEN RIGHT

- 1-2 Left foot cross in front of right foot, right foot step side right
- 3&4 Left foot step back, right foot step together, left foot step forward
- 5-6 Right foot cross in front of left foot, left foot step side left
- 7&8 Right foot step back, left foot step together, right foot step forward

CROSS, HOLD TWICE, CROSS, SIDE, COASTER STEP LEFT THEN RIGHT

- 1-2 Left foot cross in front of right foot, hold
- &3-4 Right foot step side right, left foot cross in front of right foot, hold
- &5-6 Right foot step side right, left foot cross in front of left foot, right foot step side right
- 7&8 Left foot step back, right foot step together, left foot step forward

- 1-2 Right foot cross in front of left foot, hold
- &3-4 Left foot step side left, right foot cross in front of left foot, hold
- &5-6 Left foot step side left, right foot cross in front of left foot, left foot step side left
- 7&8 Right foot step back, left foot step together, right foot step forward

SWIVEL FORWARD X4, STEP ½ TURN RIGHT TWICE

- 1-2 Left foot step forward & right heel swivels in, right foot step forward & left heel swivels in
- 3-4 Left foot step forward & right heel swivels in, right foot step forward & left heel swivels in
- 5-6 Left foot steps forward & body turns ½ right, replace weight to right foot
- 7-8 Left foot steps forward & body turns ½ right, replace weight to right foot

FORWARD SLIDE 4X (OR PUT YOUR HEART IN TO IT)

- 1-4 Left foot steps forward, right foot slides together, left foot steps forward, right foot slides together
- 5-8 Left foot steps forward, right foot slides together, left foot steps forward, right foot slides together

SECTION B

SAILOR SHUFFLES, FULL TURN, SHUFFLE LEFT, SAILOR SHUFFLE, ¾ TURN FORWARD SHUFFLE

- 1&2 Left foot step behind right foot, right foot step side right, left foot step side left
- 3&4 Right foot step behind left foot, left foot step side left, right foot step side right
- 5-6 Left foot cross in front of right foot body turns full turn to right, replace weight to right foot
- 7&8 Left foot side, right foot together, left foot side

- 1&2 Right foot step behind left foot, left foot step side left, right foot step side right
- 3&4 Left foot step behind right foot, right foot step side right, left foot step side left

5-6
7&8

Right foot cross in front of left foot body turns $1\frac{1}{4}$ right or $\frac{3}{4}$ to left, replace weight to left foot
Right foot forward, left foot together, right foot forward
