

7 Heaven

拍數: 32 牆數: 4 級數: Improver
編舞者: Kate Sala (UK) & Oli Geir (ICE)
音樂: Margaritas And Senioritas - Brushwood



S1: FORWARD SHUFFLE, HOLD, FORWARD ROCK WITH ¼ TURN LEFT, HOLD

1-4 Step forward on right, step left next to right, step forward on right, hold
5-8 Rock forward on left, rock back on right, turn ¼ left stepping left to left side, hold

S2: CROSS STEP, COASTER CROSS WITH ¼ TURN RIGHT, SIDE ROCK, CROSS STEP, HOLD

1-3 Cross step right over left, turn ¼ right stepping back on left, step right next to left
4 Cross step left over right
5-8 Side rock on right out to right side, rock on to left in place, cross step right over left, hold

S3: SIDE STEP, TOUCH IN, SIDE KICK, HOLD, CROSS STEP, ½ A RUMBA BOX

1-4 Left to left side, touch right toe next to left instep, kick right out to right side, hold
5-8 Cross step right over left, step back on left, step right to right side, step left next to right.

S4: FORWARD STEP, HOLD, FORWARD ROCK, RECOVER, TURN ½ LEFT STEPPING FORWARD ON LEFT, SWEEP RIGHT ROUND ¼ TURN LEFT, TOUCH,

1-2 Step forward on right, hold
3-5 Rock forward on left, rock back on right, turn ½ left stepping forward on left
6-7 Sweep right round from back to front to the left with a ¼ turn left on ball of left
8 Touch right toe next to left

REPEAT

Last Update - 6 Oct. 2021
