Story Of My Heart

拍數: 48

級數: Improver

編舞者: Anna Whitworth (UK)

音樂: Ain't It Funny - Jennifer Lopez

2 PADDLE TURNS

- 1-4 With weight on left foot make 4 quarter turns to the left touching the right foot to the right side after each turn
- 4-8 Swap weight onto right foot and make 4 quarter turns to the right touching the left foot to the left side after each turn and finish with weight on left

Ladies: while doing the paddle turns hold one hand above your head and the other behind your back and click your fingers as you turn like a Spanish dancer

HEEL SWITCHES, KICK BALL CHANGE, STEP ½ TURN

- 9& Touch right heel forward, bring back beside left
- 10& Touch left heel forward, bring back beside right
- 11& Touch right heel forward, bring back beside left
- 12& Touch left heel forward, bring back beside right
- 13&14 Kick right foot forward, step right beside left and left beside right
- 15&16 Step forward on right foot and turn ½ turn to the left

2 PADDLE TURNS, HEEL SWITCHES, KICK BALL CHANGE, STEP ½ TURN

17-32 Repeat steps 1-16

4 STEP TOUCHES

- 33&34 Step right foot to the right side and touch left beside right
- 35&36 Step left foot to the left side and touch right beside left
- 37&38 Step right foot forward and touch left beside right
- 39&40 Step left foot back and touch right beside left

For added flare incorporate body rolls into the step touches

TURNING GRAPEVINE RIGHT, TURNING GRAPEVINE LEFT WITH ¼ TURN

- 41-44 Turning grapevine to the right, turning a full turn and touch the left foot next to the right
- 45-48 Turning grapevine to the left, turning a 1 ¼ turns (to end facing 9:00 wall) and touch the right foot next to the left

REPEAT





牆數:4