

Take My Heart

拍數: 32 牆數: 4 級數:
編舞者: Marg Jones (CAN)
音樂: Take My Heart - Jake



STEP, PIVOT ½ LEFT, COASTER BACK

- 1 Step forward on right
2 Keeping weight on right, pivot ½ left on ball of right foot (left foot rises a little off the floor and swings slightly out as you turn)
3&4 Step back on left, step back on right, step forward on left

STEP, PIVOT ½ LEFT, COASTER BACK

- 5-8 Repeat steps 1-4

ROCK FORWARD, RECOVER, TRIPLE STEP IN PLACE RIGHT, LEFT, RIGHT

- 9-10 Rock forward on right, recover back onto left
11&12 Step down on right beside left; step left beside right, step right beside left

STEP, PIVOT ½ RIGHT, TURNING SHUFFLE ½ RIGHT

- 13-14 Step forward on left, pivot ½ to right, step forward on right
15&16 Making ½ turn right, shuffle left, right, left in place

ROCK BACK, RECOVER, ROCK FORWARD, RECOVER

- 17-18 Rock back on right, recover forward on left
19-20 Rock forward on right, recover back on left

COASTER BACK CROSS, KICK-BALL-CROSS

- 21&22 Step back on right, step back on left, step right across front of left
23&24 Kick left forward, quickly step onto left, step right across front of left

LEFT SIDE ROCK, RECOVER, CROSSING SHUFFLE

- 25-26 Rock left to left, recover on right
27&28 Step left across right, step right to right (still crossed), step left across right

RIGHT HEEL GRIND TURNING ¼ RIGHT, STEP RIGHT, STEP LEFT

- 29 Step on right heel, toe pointing to left, while lifting left up slightly (turning ¼ right at same time)
30 Swivel right toe to right, while stepping down on left
31-32 Step down on right, step left beside right

REPEAT

TAG

After 2nd and 6th repeats (you'll be facing the back both times) add the following:

RIGHT CROSS ROCK, RECOVER, SHUFFLE

- 1-2 Cross rock forward right across left, recover on left
3&4 Shuffle in place, right, left, right

LEFT CROSS ROCK, RECOVER, SHUFFLE

- 5-6 Cross rock forward left across right, recover on right
7&8 Shuffle in place left, right, left

