

Tender Heart

拍數: 56 牆數: 1 級數: Intermediate
編舞者: Alison J. Austerberry (UK)
音樂: Tender Heart - Lionel Richie



CROSS ROCK, CHASSE RIGHT, CROSS $\frac{3}{4}$ UNWIND RIGHT, SHUFFLE FORWARD

1-2 Cross rock right over left, rock back onto left
3&4 Step right to right side, close left beside right, step right to right side
5-6 Cross left over right, unwind $\frac{3}{4}$ turn right
7&8 Step forward left, close right beside left, step forward left

FORWARD ROCK, COASTER STEP, STEP $\frac{1}{2}$ PIVOT RIGHT TWICE

9-10 Rock forward on right, rock back onto left
11&12 Step back right, step left beside right, step forward right
13-14 Step forward left, pivot $\frac{1}{2}$ turn right
15-16 Step forward left, pivot $\frac{1}{2}$ turn right

CROSS ROCK, CHASSE LEFT, CROSS $\frac{3}{4}$ UNWIND LEFT, SHUFFLE FORWARD

17-18 Cross rock left forward over right, rock back onto right
19&20 Step left to left side, step right beside left, step left to left side
21-22 Cross right over left, unwind $\frac{3}{4}$ turn left
23&24 Step forward right, close left beside right, step forward right

FORWARD ROCK, COASTER STEP, STEP $\frac{1}{2}$ PIVOT LEFT TWICE

25-26 Rock forward on left, rock back onto right
27&28 Step back left, step right beside left, step forward left
29-30 Step forward right, pivot $\frac{1}{2}$ turn left
31-32 Step forward right, pivot $\frac{1}{2}$ turn left

RIGHT & LEFT STEP SLIDES FORWARD

33-34 Slide right slightly forward to right, slide left beside right (no weight)
35-36 Slide left slightly forward to left, slide right beside left (no weight)
37-38 Slide right slightly forward to right, slide left beside right (no weight)
39-40 Slide left slightly forward to left, slide right beside left (no weight)

MAMBO ROCKS FORWARD & BACK, STEP $\frac{1}{2}$ PIVOT, RIGHT SHUFFLE

41&42 Rock forward on right, rock back onto left, step back right
43&44 Rock back on left, rock forward onto right, step forward left
45-46 Step forward right, pivot $\frac{1}{2}$ turn left
47&48 Step forward right, close left beside right, step forward right

MAMBO ROCKS FORWARD & BACK, STEP $\frac{1}{2}$ PIVOT, LEFT SHUFFLE

49&50 Rock forward on left, rock back onto right, step back left
51&52 Rock back on right, rock forward onto left, step forward right
53-54 Step forward left, pivot $\frac{1}{2}$ turn right
55&56 Step forward left, close right beside left, step forward left

REPEAT