

# Tender Heart (P)

拍數: 48      牆數: 0      級數: Partner  
編舞者: Calvin Finch (UK) & Patricia Finch (UK)  
音樂: Just a Kiss - Steve Holy



**Position: Start The Dance In Country Western Closed. Man Facing OLOD**

## MAN'S STEPS:

1-2            Rock forward on left, recover weight on right  
3&4            Side shuffle to the left (left, right, left)  
5-6            1 ¼ rolling two step turn to the left stepping right, left

**Now facing LOD**

7&8            Forward shuffle right (right, left, right)

**Drop both hands for the rolling turn, pick up inside hold for the shuffle**

1-2            Rock forward on left, recover weight on right  
&3&4           ¼ turn left, left shuffle away from partner  
5-6            Step forward on right, pivot ½ turn left  
7&8            Right shuffle towards partner (right, left, right)

**At the end of counts 7&8 you will adopt the country and western closed position**

1-2            Side rock left foot (push hips), recover on right  
3&4            Triple step on spot (left, right, left)  
5-6            Side rock right foot (push hips), recover on left  
7&8            Triple step ¼ turn left on the spot (right, left, right)

**On the ¼ and ¾ turns drop right hand man's left lady's. After turn adopt western closed**

1-2            Step forward left, lock right behind  
3&4            Step forward left shuffle (left, right, left)  
5-6            Step forward right, lock left behind  
7&8            Step forward right shuffle (right, left, right)

1-2            Small walk forward left, right  
3&4            Left shuffle forward (left, right, left)  
5-6            Walk forward right, left  
7&8            Right shuffle back (right, left, right)

**On count 1-2 drop right hand (lady's left). Lift left hand so lady can turn. Adopt closed position**

1-2            Left rock forward, recover onto right  
3&4            Triple step ¼ turn right (left, right, left)  
5-6            Side rock right, recover onto left  
7&8            Triple on the spot (right, left, right)

**On count 3&4 drop right hand (lady's left). After turn adopt closed western hold**

## REPEAT

## LADY'S STEPS

1-2            Rock back on right, recover on left  
3&4            Side shuffle to the right (right, left, right)  
5-6            1 ¼ rolling two step turn to the right stepping left, right  
7&8            Forward shuffle left (left, right, left)

**Drop both hands for the rolling turn, pick up inside hold for the shuffle**

1-2 Rock forward on right, recover weight on left  
&3&4 ¼ turn right, right shuffle away from partner  
5-6 Step forward on left, pivot ½ turn right  
7&8 Left shuffle towards partner (left, right, left)

**At the end of counts 7&8 you will adopt the country and western closed position**

1-2 Side rock right foot (push hips), recover on left  
3&4 Triple step on spot (right, left, right)  
5-6 Side rock left foot (push hips), recover on right  
7&8 Triple step ¾ turn right on the spot (left, right, left)

**On the ¼ and ¾ turns drop right hand man's left lady's, after turn adopt western closed**

1-2 Step back right, lock left in front  
3&4 Step back right shuffle (right, left, right)  
5-6 Step back left, lock right in front  
7&8 Step back left shuffle (left, right, left)

1-2 Full turn to the right over two steps stepping right, left  
3&4 Right shuffle back (right, left, right)  
5-6 Walk back left, right (or full turn to the left)  
7&8 Left shuffle back (left, right, left)

**On count 1-2 drop right hand (lady's left) lift left hand so lady can turn. Adopt closed position**

1-2 Right rock back, recover onto left  
3&4 Triple step ¾ turn left (right, left, right)  
5-6 Side rock left, recover onto right  
7&8 Triple on the spot (left, right, left)

**On count 3&4 drop right hand (lady's left). After turn adopt closed western hold**

**REPEAT**

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