

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
