

This Old Heart

拍數: 48 牆數: 4 級數: Improver
編舞者: Kate Sala (UK) & Dee Musk (UK)
音樂: This Old Heart of Mine - The Isley Brothers



SLOW SAILOR STEPS RIGHT & LEFT, BEHIND TOUCH, PIVOT ½ TURN RIGHT

1-2-3 Cross step right behind left, step left to left side, step right to right side
4-5-6 Cross step left behind right, step right to right side, step left to left side
7-8 Touch right back, pivot ½ turn right, (weight ending forward on right)

KICK BALL CHANGE, STEP FORWARD, TAP BEHIND, BACK LOCK STEP, BEHIND TOUCH, PIVOT ½ TURN LEFT

1&2 Kick left forward, step down on left, step forward on right
3-4 Step forward on left, tap right behind left
5&6 Step back on right, lock step left over right, step back on right
7-8 Touch left back, pivot ½ turn left, (weight ending forward on left)

RIGHT SIDE, CROSS IN FRONT, SIDE, KICK, LEFT SIDE, CROSS IN FRONT, SIDE, KICK

1-2 Step right to right side, cross step left over right
3-4 Step right to right side, kick left forward to left diagonal & click fingers
5-6 Step left to left side step, cross step right over left
7-8 Step left to left side, kick right forward to right diagonal & click fingers

BACK ROCK, RECOVER, RIGHT CHASSE, TAP ACROSS, SIDE, ACROSS, SIDE STEP LEFT

1-2 Rock back on right, rock forward on left
3&4 Step right to right side, step left next to right, step right to right side
5-6 Tap left toes forward & across to right diagonal, tap left toes out to left side
7-8 Tap left toes forward & across to right diagonal, step left out to left side

JAZZ BOX ¼ TURN RIGHT, LOCK STEP FORWARD, CHASSE RIGHT

1-2-3 Cross step right over left, step back on left, turn ¼ right stepping right to right side
4-5-6 Step forward on left, lock step right behind left, step forward on left
7&8 Step right to right side, step left next to right, step right to right side

BACK ROCK, KICK BALL CROSS TWICE, BIG STEP LEFT, DRAG IN RIGHT

1-2 Rock back on left, recover on to right
3&4 Kick left diagonally forward left, step ball of left back to place, cross step right over left
5&6 Kick left diagonally forward left, step ball of left back to place, cross step right over left
7-8 Step left long step to left side, drag in right towards left keeping weight on left

REPEAT
