

Two Hearts

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Judith Campbell (NZ)
音樂: The Only Way I Know - Ty Herndon



ROCK FORWARD / BACK - TAP - ¾ TURN:

- 1-4 Rock forward on right, rock back onto left, tap right foot behind left, turn ¾ to the right (finish weight on right foot)
5-8 Rock forward on left, rock back onto right, tap left foot behind right, turn ¾ to the left (finish facing the front, weight on left foot)

HIP SWAYS RIGHT LEFT - SIDE SHUFFLE TO RIGHT - HIP SWAYS LEFT RIGHT - SIDE SHUFFLE TO LEFT:

- 1-2 Step right to right side swinging hips to right then left
3&4 Shuffle to right side (right-left-right)
5-6 Step left to left side swinging hips to left then right
7&8 Shuffle to left side (left-right-left)

CROSS SWEEP - ROCK FORWARD /BACK - CROSS SWEEP - ROCK FORWARD /BACK:

- 1-2 Step right foot across left (to face left front corner), (¼) sweep the left foot forward around to right front corner
3-4 Rock forward onto left foot, rock back onto right foot
5-6 Step left foot across right (already facing right corner), (¼) sweep the left foot forward around to left corner
7-8 Rock forward onto right foot, rock back on left, straightening to face front

Advanced alternative: on the 1st cross sweep you might like to turn 1 ¼ then rock forward & back

¼ TURN TO RIGHT, STEP FORWARD - HOLD - TURN - TURN - 2 SAMBA STEPS FORWARD:

- 1-2 Turning ¼ to the right, step forward on right foot, hold,
3-4 Turning ½ to right step back on left, turning ½ to right step forward on right
5&6 Step forward on left, step right next to left, small step forward on left. (using hips)
7&8 Step forward on right, step left next to right, small step forward on right (using hips)

ROCK FORWARD /BACK - LOCK STEP BACK - TAP ½ TURN - COASTER STEP:

- 1-2 Rock forward on left, rock back on right,
3&4 Step left back, cross/lock right over left, step back on left
5-6 Tap right foot behind left, turn ½ to right (weight on left foot)
7&8 Step right back, step left next to right, step right forward (coaster step)

ROCK FORWARD/BACK - LOCK STEP BACK - TAP ½ TURN - KICK BALL CROSS:

- 1-2 Rock forward on left, rock back on right
3&4 Step left back, cross /lock right over left, step left back
5-6 Tap right foot behind left, turn ½ to right (weight on left foot)
7&8 Kick right foot forward, step right slightly back from left, step left foot across in front of right

STEP - HOLD - TOGETHER STEP TAP - ¼ TURN LEFT WITH SIDE TOUCH HEEL - ½ TURN TO LEFT - SIDE TOUCH - HOLD:

- 1-2 Step right to right side, hold
&3-4 Step left next to right, step right to right side, tap left foot behind right foot (looking over right shoulder)
5-6 Turning ¼ to left, touch left foot out to left side, drop heel
7-8 Turning ½ to left on ball of left foot, touch right foot out to right side, hold

ROCK FORWARD / BACK - 1 ½ ROLL - ROCK FORWARD /BACK - 1 ½ ROLL:

1-2 Rock forward on right, rock back on left,

3&4 Turning ½ to right step forward on right, turning ½ to right step back on left foot turning ½ to right step forward on right

5-6 Rock forward on left, rock back on right

7&8 Turning ½ to left step forward on left, turning ½ to left step back on right foot turning ½ to left step forward on left

Easy alternative: instead of doing the 1 ½ roll, you can turn ½ and shuffle forward.

REPEAT

RESTART

If you use Ty Herndon after the 2nd wall there is a 16 count phrase. Do the 1st 16 counts of the dance then restart the dance from the beginning.
