

拍數: 32 牆數: 4 級數: Improver
編舞者: William Sevone (UK)
音樂: Heart On My Sleeve - Gallagher and Lyle



2X SIDE ROCK-ROCK-DIAGONAL CROSS SHUFFLE, (12:00)

- 1-2 Rock left foot to left side, rock onto right foot
3&4 (Diagonal right) cross step left foot over right, step right foot to right side, cross step left foot over right
5-6 Rock right foot to right side, rock onto left foot
7&8 (Diagonal left) cross step right foot over left, step left foot to left, cross step right foot over left

SIDE STEP, BEHIND TOE TAP, CHASSE RIGHT, ¼ LEFT ROCK BACKWARD, ROCK, KICK BALL CROSS, (9:00)

- 9-10 Step left foot to left side, cross tap right toe behind left heel
11&12 Step right foot to right side, step left foot next to right, step right foot to right side
13-14 Turn ¼ left & rock backward onto left foot, rock onto right foot
15&16 Kick left foot forward, step left foot next to right, cross step right foot over left

2X SIDE ROCK-ROCK-REVERSE CROSS SHUFFLE (ALL WITH EXPRESSION), (9:00)

- 17-18 Rock left foot to left side, rock onto right
On count 17: drop left shoulder (raising right) & point left arm in line with left leg
19&20 Cross step left foot behind right, step right foot to right side, cross step left foot behind right
21-22 Rock right foot to right side, rock onto left
On count 21: drop right shoulder (raising left) & point right arm in line with right leg
23&24 Cross step right foot behind left, step left foot to left side, cross step right foot behind left
Styling note: if you require to make the reverse cross shuffles a little more comfortable, turn body slightly left on 19&20 and turn body slightly right on 23&24

¼ LEFT STEP FORWARD, ¼ LEFT SIDE STEP, TRIPLE STEP ½ LEFT, CROSS ROCK, ROCK, TRIPLE STEP ½ RIGHT, (3:00)

- 25-26 Turn ¼ left & step forward onto left foot, turn ¼ left & step right foot to right side
27&28 (On the spot) triple step ½ left - stepping left, right, left
29-30 Cross rock right foot over left, rock onto left foot
31&32 (On the spot) triple step ½ right - stepping right, left, right

REPEAT

DANCE FINISH

On wall 11 replace count 31 & 32 with a ¾ right triple step (to face 'home' wall). Add a 'right hand on hat brim & left hand on left hip' to count 32