

I Heard It

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Craig Bennett (UK) & Shelley Lindsay (UK)
音樂: I Heard It Through the Grapevine - Marvin Gaye



BEHIND, SIDE, CROSS, LEFT SIDE SHUFFLE, ¼ RIGHT SAILOR, HOLD, AND STEP

1&2 Step right behind left, step left to side, step right over left
3&4 Step left to side, step right next to left, step left to side
5&6 Step right behind left, ¼ to right stepping left to side, step right forward
7&8 Hold, step left in place, step forward on right

LEFT SHUFFLE FORWARD, RIGHT SHUFFLE FORWARD, ROCK AND CROSS TWICE

9&10 Step forward on left, step right to left instep, step forward on left
11&12 Step forward on right, step left to right instep, step forward on right
13&14 Rock out to left on left foot, replace weight on right, step left across right
15&16 Rock out to right on right foot, replace weight on left, step right across left

STEP BACK, SLIDE, OUT OUT, CLICK, BUMP HIPS

17-18 Step back on left, slide right next to left
&19-20 Small step out to right on right, small step out to left on left, click fingers
21-22 Bump hips right, left
23-24 Bump hips right, left

SIDE ROCK, RECOVER, BEHIND SIDE CROSS, SIDE ROCK RECOVER, BEHIND SIDE ¼ TURN

25-26 Rock to right on right, replace weight on left
27&28 Step right behind left, step left to side, step right over left
29-30 Rock to left on left, replace weight on right
31&32 Step left behind right, ¼ right stepping right forward, step forward on left

SIDE, LOCK, RIGHT SHUFFLE FORWARD, ¼ PIVOT, BEHIND SIDE CROSS

33-34 Step right to side, step left behind right (locking it behind right)
35&36 Step forward on right, step left to right instep, step forward on right
37-38 Step forward on left, pivot ¼ to right transferring weight to right
39&40 Step left behind right, step right to side, step left over right

SIDE, LOCK, RIGHT SHUFFLE FORWARD, ½ PIVOT, CROSS SIDE STEP

41-42 Step right to side, step left behind right (locking it behind right)
43&44 Step forward on right, step left to right instep, step forward on right
45-46 Step forward on left, pivot ½ turn right transferring weight to right
47&48 Step left over right, step right to side, step left to side

REPEAT
