

Here Is My Heart

拍數: 96 牆數: 2 級數: Beginner
編舞者: Elaine Chant (UK) & Laura Dyas (UK)
音樂: Here Is My Heart - Lionel Richie



STEP RIGHT, STEP LEFT TOGETHER, CHASSE RIGHT, LEFT & RIGHT SAILOR STEPS

1-2 Step right to right side, step left together
3&4 Step right to right side, close left beside right, step right to right side
5&6 Cross left behind right, step right to right side, step left to place
7&8 Cross right behind left, step left to left side, step right to place

STEP LEFT, STEP RIGHT TOGETHER, CHASSE LEFT, RIGHT & LEFT SAILOR STEPS

9-10 Step left to left side, step right together
11&12 Step right to right side, close left beside right, step right to right side
13&14 Cross right behind left, step left to left side, step right to place
15&16 Cross left behind right, step right to right side, step left to place

FORWARD ROCK, TRIPLE ½ TURN RIGHT, FORWARD ROCK, COASTER STEP

17-18 Rock forward on right, rock back on left
19&20 Triple step making ½ turn right, stepping - right, left, right
21-22 Rock forward on left, rock back on right
23&24 Step back left, step right beside left, step forward left

FORWARD ROCK, TRIPLE ½ TURN RIGHT, FORWARD ROCK, COASTER STEP

25-26 Rock forward on right, rock back on left
27&28 Triple step making ½ turn right, stepping - right, left, right
29-30 Rock forward on left, rock back on right
31&32 Step back left, step right beside left, step forward left

STOMP, HOLD, SAILOR STEP WITH ¼ TURN LEFT TWICE

33-34 Stomp right to right side, hold
35&36 Cross left behind right, step right to place, step left ¼ turn left
37-38 Stomp right to right side, hold
39&40 Cross left behind right, step right to place, step left ¼ turn left

FORWARD ROCK, TRIPLE ½ TURN RIGHT TWICE, BACK ROCK

41-42 Rock forward on right, rock back on left
43&44 Triple step making ½ turn right, stepping - right, left, right
45&46 Triple step making ½ turn right, stepping - left, right, left
47-48 Rock back on right, rock forward on left

ROCK & CROSS X 4 TRAVELING SLIGHTLY FORWARD

49&50 Rock right to right side, rock onto left in place, cross step right over left traveling slightly forward
51&52 Rock left to left side, rock on right in place, cross step left over right traveling slightly forward
53&54 Rock right to right side, rock onto left in place, cross step right over left traveling slightly forward
55&56 Rock left to left side, rock on right in place, cross step left over right traveling slightly forward

FORWARD ROCK, BACK LOCK, ½ PIVOT TURN, SHUFFLE FORWARD

57-58 Rock forward on right, rock back on left
59&60 Step back on right, lock left over right, step back right

61-62 Left toe behind right heel, pivot ½ turn left
63&64 Shuffle forward on a right, left, right

ROCK & CROSS X 4 TRAVELING SLIGHTLY FORWARD

65&66 Rock left to left side, rock onto right in place, cross step left over right traveling slightly forward
67&68 Rock right to right side, rock on left in place, cross step right over left traveling slightly forward
69&70 Rock left to left side, rock on right in place, cross step left over right traveling slightly forward
71&72 Rock right to right side, rock onto left in place, cross step right over left traveling slightly forward

FORWARD ROCK, BACK LOCK, ½ PIVOT TURN, SHUFFLE FORWARD

73-74 Rock forward on left, rock back on right
75&76 Step back on left, lock right over left, step back left
77-78 Right toe behind left heel, pivot ½ turn right
79&80 Shuffle forward on a left, right, left

RIGHT ROCK, CROSS SHUFFLE, LEFT ROCK, CROSS SHUFFLE

81-82 Rock right to right side, rock onto left in place
83&84 Cross right over left, step left to left side, cross right over left
85-86 Rock left to left side, rock onto right in place
87&88 Cross left over right, step right to right side, cross left over right

MAMBO STEPS

89&90 Rock forward on right, rock back on left, step right beside left
91&92 Rock back on left, rock forward on right, step left beside right
93&94 Rock right to right side, step left in place, step right beside left
95&96 Rock left to left side, step right in place, step left beside right

REPEAT
