

Here Is My Heart

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Sarah Jane Cox (UK)
音樂: Here Is My Heart - Lionel Richie



SIDE, BEHIND, RONDE RIGHT, SIDE, BEHIND, HOLD WITH HANDS SPLAYED

- 1-2 Step right to right side, cross step left behind right
- 3-4 Sweep right in front then around to right of right foot, stepping right behind left
- 5-6 Step left to left side, cross step right over left
- 7-8 Hold for two beats as you splay both hands out, elbows pointing down (as if you were motioning 'stop' or 'cut')

FORWARD, SIDE, LEFT SAILOR STEP, RIGHT SAILOR STEP, STEP, PIVOT ½-TURN RIGHT

- 9-10 Step forward on left foot, step right to right side
- 11&12 Cross step left behind right, step right slightly to right side, step left beside right
- 13&14 Cross step right behind left, step left slightly to left side, step right beside left
- 15-16 Step forward on left, pivot a half-turn right (weight ends up on right)

SKATE LEFT-RIGHT-LEFT, HOLD/CLAPS, SKATE RIGHT-LEFT, TOUCH, HOLD/CLAPS

- 17-18 Skate left to left diagonal, skate right to right diagonal
- 19&20 Skate left to left diagonal, hold for one beat as you clap hands twice
- 21-22 Skate right to right diagonal, skate left to left diagonal
- 23&24 Touch right beside left, hold for one beat as you clap hands twice (weight remains on right)

RIGHT GRAPEVINE WITH TOUCH, ROCK/RECOVER, LEFT COASTER STEP

- 25-26 Step right to right side, cross step left behind right
- 27-28 Step right to right side, touch left beside right
- 29-30 Rock forward on left foot, recover weight back onto right
- 31&32 Step back on left, step right beside left, step forward on left

STEP FORWARD, HOLD, PIVOT ½-TURN LEFT, HOLD, TWICE

- 33-34 Step forward on right, hold for one beat
- 35-36 Pivot a half-turn left (weight on right), hold for one beat
- 37-38 Step forward on right, hold for one beat
- 39-40 Pivot a half-turn left (weight on right), hold for one beat

WEAVE LEFT, RIGHT CROSS ROCK, LEFT CROSS ROCK

- 41-42 Cross step right over left, step left to left side
- 43-44 Cross step right behind left, step left to left side
- 45&46 Cross rock right over left, recover weight back onto left, step right beside left
- 47&48 Cross rock left over right, recover weight back onto right, step left beside right

REPEAT

TAG

At the end of the fifth wall only

RIGHT ROCK/RECOVER, RIGHT COASTER STEP, ROCK/RECOVER, LEFT COASTER STEP

- 1-2 Rock right to right side, recover weight in place onto left
- 3&4 Step back on right, step left beside right, step forward on right
- 5-6 Rock left to left side, recover weight in place onto right
- 7&8 Step back on left, step right beside left, step forward on left

Weight is on the left foot ready to start again.

