

Heal The World

拍數: 48 牆數: 2 級數: Improver
編舞者: Charlotte Skeeters (USA)
音樂: Heal the World - Michael Jackson



WALK, WALK, ANGLE, CROSS, RECOVER, BACK, BACK, CROSS, BACK, COASTER

- 1-2-3 Right forward, left forward, right diagonal forward
- 4&5 Left cross over right, recover weight back on right, left long diagonal stride back left
- 6&7 Right back diagonal right, left cross over right, right long diagonal stride back right
- 8&1 Step left back, right step next to left, step left forward

FORWARD, ½, FORWARD, LOCK, FORWARD, FORWARD, LOCK, FORWARD, COASTER

- 2-3 Step right forward, pivot ½ turn left (transfer weight left)
- 4&5 Right diagonal forward right, left lock behind right, right diagonal forward right
- 6&7 Left diagonal forward left, right lock behind left, left diagonal forward right
- 8&1 Step right forward, left step next to right, step right back

BACK, BACK, SAILOR, SAILOR INTO ¼, FORWARD, ½ PIVOT, FORWARD

- 2-3 Step left back, step right back
- 4&5 Left cross behind right, right step side right, left step side left
- 6&7 Right cross behind left, left step side left, right step side right into ¼ turn right
- 8&1 Step left forward, pivot ½ turn right, step left forward

FORWARD, ½ PIVOT, FORWARD, FORWARD, ½ PIVOT, FORWARD, PADDLE

- 2-3 Step right forward, pivot ½ turn left (transfer weight left)
- 4&5 Step right forward, step left forward, pivot ½ turn right (transfer weight right)
- 6 Step left forward

The four steps on the next 2 counts are executed like a paddle turn

- &7 Step right forward, pivot ½ turn left (transfer weight left)
- &8 Step right forward, pivot ½ turn left (transfer weight left)

CROSS, RECOVER, TRIPLE FULL TURN, CROSS, RECOVER, TRIPLE FULL TURN

- 1-2 Right cross over left, recover weight back onto left
- 3&4 Triple turn right (execute 1 full right turn in place stepping right, left, right)
- 5-6 Left cross over right, recover weight back onto right
- 7&8 Triple turn left (execute 1 full left turn in place stepping left, right, left)

FORWARD, FORWARD, BACK - BACK, BACK, FORWARD, FORWARD, ¼, CROSS, SIDE, ½, FORWARD

- 1&2 Step right forward, step left forward, step right back
- 3&4 Step left back, step right back, step left forward
- 5&6 Step right forward, pivot ¼ turn left as you step side left, right cross over left
- 7&8 Left step side left (starting ½ turn right), finish ½ turn as you step side right, step left forward

REPEAT

TAG

On the second wall, dance counts 1-32 of the dance, then the following, then start the dance again from the beginning

TURNING JAZZ

- 1-4 Right cross over left, left step back into ¼ turn right, right step side right, step left forward