

# Heart Flutter

拍數: 48      牆數: 0      級數:  
編舞者: Shirley Cameron (CAN)  
音樂: Flutter - Jack Ingram



## ROCK-STEPS WITH HITCHES (TRAVELING FORWARD)

- 1-4      Rock forward on right, rock back on left, rock forward on right, hitch left  
5-8      Rock forward on left, rock back on right, rock forward on left, hitch right

## STEP-TOUCH

- 9-12      Side step right on right foot, touch left foot beside right, side step left on left foot, touch right foot beside left

## EXTENDED VINES WITH KICKS

- 13-16      Side step right on right foot, cross and step left behind right, side step right on right foot, cross and step left over and across right  
17-20      Side step right on right foot, touch left beside right, kick left foot across body twice  
21-24      Side step left on left foot, cross and step right behind left, side step left on left foot, cross and step right over and across left  
25-28      Side step left on left foot, touch right beside left, kick right foot across body twice

## TOUCHES, ¼ TURN WITH HITCH, FULL BEAT STEP-TOUCHES

- 29-32      Touch right toes to right side, cross and touch right toes over left, touch right toes to right side, ¼ turn left on ball of left foot and hitch right knee  
33-36      Step back on right foot, extend and touch left heel forward (leaning body back), step left foot home, touch right beside left

## TOUCHES, ¼ TURN WITH HITCH, FULL BEAT STEP-TOUCHES

- 37-40      Touch right toes to right side, cross and touch right toes over left, touch right toes to right side, ¼ turn left on ball of left foot and hitch right knee  
41-44      Step back on right foot, extend and touch left heel forward (leaning body back), step left foot home, touch right beside left

## HEEL JACKS

- &45      Quickly step right foot back, extend and touch left heel forward on 45 degree left angle  
&46      Quickly step left foot home, step right foot beside left foot (weight on right)  
&47      Quickly step left foot back, extend and touch right heel forward on 45 degree right angle  
&48      Quickly step right foot home, step left foot beside right foot (weight on left)

## REPEAT

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