

Heart Stopper

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Lee Birks (UK)
音樂: The Heart Stops The Clock - James Bonamy



AND ROCK, ROCK, SHUFFLE, ROCK, ROCK, SHUFFLE

&1-2 Step left to left side, rock back on right, rock forward on left.
3&4 Right shuffle forward, stepping right, left, right
5-6 Rock forward on left, rock back on right
7&8 Shuffle back on left, stepping left, right, left

TOUCH, ½ TURN, STEP, HEEL TWIST, JACK, ¾ RONDA SWEEP

1-2 Touch right toe behind, ½ turn over right shoulder (weight on right)
3&4 Step forward left, weight on balls of both feet twist heels up and to the left and back to center
5&6 Touch right next to left, step back on right touching left heel forward
7-8 Replace weight on left, sweep right round to the left to make ¾ turn

SIDE, TOGETHER, SHUFFLE, CROSS ROCK SHUFFLE

1-2 Step right to right side, close left to right
3&4 Right shuffle to the right, stepping right, left, right
5-6 Cross rock to the right, rock back on right
7&8 Left shuffle left, stepping left, right, left

CROSS, HOLD, CROSS, HOLD, ¼ TURN HEEL GRIND, COASTER STEP

1-2 Cross right over left, hold
&3-4 Step left to left side, cross right over left, hold
5-6 Step left heel out to side & grind left heel, making ¼ turn left
7&8 Step back on left, close right to left, step forward left

SHUFFLE, ROCK, ROCK, ½ TURN SHUFFLE, ½ TURN SHUFFLE

1&2 Right shuffle forward, stepping right, left, right
3-4 Rock forward on left, rock back on right
5&6 Left shuffle back, making ½ turn over left shoulder, stepping left, right, left
7&8 Right shuffle forward, stepping right, left, right

COASTER STEP, ¼ TURN SIDE, SIDE ROCK, SIDE ROCK, SIDE ROCK

1&2 Step back left, close right to left, step forward left
3-4 Step forward right, making ¼ turn left, lift left heel off floor
5-6 Step down on left, angle body right, lift right heel off floor
7-8 Step down on right, angle body left, lift left heel off floor

REPEAT

For last 6 counts by bending and straightening both knees, and angling your body in the direction of the lifted heel, you will create a down up swing motion or simply do your own thing.