

# From The Heart

拍數: 32      牆數: 4      級數: Improver  
編舞者: Gemsie (UK)  
音樂: Straight from the Heart - Bryan Adams



## STEP SLIDE ROCK BACK, SIDE BEHIND & CROSS X3

1-2&      Step left to left side, slide right behind left & rock on the right, recover weight left  
3-4&      Step right to right side, cross left behind & step right to right while crossing left in front.  
5-6&      Step right to right side, cross left behind & step right to right while crossing left in front.  
7-8&      Step right to right side, cross left behind & step right to right while crossing left in front.

## ROCK, BEHIND SIDE CROSS, ROCK COASTER ¼ TURN

1-2      Rock right to right side, recover weight on left  
3&4      Step right behind left step left to left side & cross right in front of left  
5-6      Rock left to left side, recover weight on right  
7&8      Make a ¼ turn left stepping back on the left step right together, step forward on left

## ROCK TRIPLE 1 ½ TURN ROCK SHUFFLE BACK

1-2      Rock forward on right recover weight on left  
3&4      Make a 1 ½ triple turn right stepping right left right (alternatively you could do a triple ½ turn)  
5-6      Rock forward on left recover weight on right  
7&8      Shuffle back left stepping left right left

## SWEEP UNWIND SHUFFLE, TWICE ROCK AND CROSS

1-2      Make a ½ turn right sweeping the right foot round weight right

### Restart after wall 7

3&4      Shuffle forward left stepping left right left  
5-6      Make a ½ turn left sweeping the right (keep weight left)  
7&8      Rock right to right side recover & cross in front of left

## REPEAT

## TAG

Danced after wall 5

## ROCK RECOVER SHUFFLE TWICE

1-2      Rock left to left side recover weight on right  
3&4      Shuffle forward stepping left right left  
5-6      Rock right to right side recover weight on left  
7&8      Shuffle forward right stepping right left right

## RESTART

There is a restart on wall 7. Start the dance again after the first sweep in section 4; your weight will be on your right foot leaving your left to start again