

From The Heart

拍數: 32 牆數: 4 級數:
編舞者: Alan Robinson (UK)
音樂: In A Heartbeat - Rodney Atkins



CROSS UNWIND, ¼ SHUFFLE RIGHT, ½ PIVOT RIGHT, LOCK STEP FORWARD

1-2 Cross right over in front of left, unwind a complete turn left keeping weight on left foot
3&4 Step right to right, bring left next to right, step on right turning ¼ turn right
5-6 Step forward on left, pivot ½ turn to right
7&8 Step forward on left, lock right behind left, step forward on left

STEP, ¾ SWEEP, SAILOR STEP, SIDE SWITCHES, ¾ UNWIND LEFT

9-10 Step forward on right, sweep left foot around turning ¾ turn left
11&12 Step left behind right, step on right, step forward slightly on left
13&14& Touch right toe out to right, step right next to left (&), touch left toe out to left step left next to right(&)
15-16 Cross right over in front of left, unwind ¾ turn left keeping weight on left

FORWARD TOUCH, BACK TOUCH, DIAGONAL CROSS SHUFFLE LEFT, HIP BUMPS

17-18 Touch right toe across in front of left, touch right toe back
19&20 Step right across in front of left, step diagonally forward on left, step right across in front of left
21-22 Step left onto left bumping left hip to left, bump right hip to right
23-24 Bump left hip to left, bump right hip to right

FORWARD TOUCH, BACK TOUCH, DIAGONAL CROSS SHUFFLE, HIPS BUMPS, TAP, TAP KICK

25-26 Touch left toe across in front of right, touch left toe back
27&28 Step left across in front of right, step diagonally forward on right, step left across in front of right
29-30 Step right on right bumping right hip to right, bump left hip to right
31& Tap right toe twice
32 Kick right foot forward

REPEAT

On counts 21-24 and 29-30 (hip bumps), use your shoulders to move your body into the hip bump and make it a bigger, more fluid move. Body roll if you can.
