

Follow Your Heart

拍數: 64 牆數: 4 級數:
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音樂: Sacred Trust - One True Voice



Start 32 counts into the vocals when the heavy beat starts

LEFT FORWARD SYNCOPATED ROCK & RECOVER, ¼ RIGHT HEEL GRIND, RIGHT BACK COASTER STEP, LEFT FORWARD, ½ RIGHT PIVOT TURN

1-2 Rock left forward, recover weight on right
&3-4 Step left together, touch right heel forward, grind heel ¼ right (weight remains on left)
5&6 Step right back, step left together, step right forward
7-8 Step left forward, pivot ½ right

LEFT FORWARD SYNCOPATED ROCK & RECOVER, ¼ RIGHT HEEL GRIND, RIGHT BACK COASTER STEP, ¼ RIGHT PIVOT TURN

1-2 Rock left forward, recover weight on right
&3-4 Step left together, touch right heel forward, grind heel ¼ right (weight remains on left)
5&6 Step right back, step left together, step right forward
7-8 Step left forward, pivot ¼ right

LEFT CROSS SHUFFLE, RIGHT SIDE ROCK & RECOVER, RIGHT CROSS OVER, LEFT BACK, RIGHT ROCK BACK & RECOVER

1&2 Cross step left over right, step right to right side, cross step left over right
3-4 Rock right to right side, recover weight on left
5-8 Cross step right over left, step left back, rock right back, recover weight on left

½ LEFT, LEFT TOGETHER, SYNCOPATED HEEL TOUCH & FORWARD STEP, ½ RIGHT, RIGHT TOGETHER, SYNCOPATED HEEL TOUCH & FORWARD STEP

1-2 Turning ½ left step right back, step left together
&3&4 Step right back, touch left heel forward, step left together, step right forward
5-6 Turning ½ right step left back, step right together
&7&8 Step left back, touch right heel forward, step right together, step left forward

RIGHT FORWARD ROCK & RECOVER, RIGHT BACK COASTER STEP, LEFT ROCK FORWARD, ¼ LEFT RECOVER, LEFT SIDE TOUCH, LEFT FLICK

1-2 Rock right forward, recover weight on left
3&4 Step right back, step left together, step right forward
5-8 Rock left forward, recover weight on right turning ¼ left, touch left toe to left side, flick left out to left diagonal

LEFT SAILOR STEP, SYNCOPATED LEFT WEAVE, LEFT SIDE, RIGHT TOUCH TOGETHER, ½ RIGHT, LEFT TOUCH TOGETHER

1&2 Cross step left behind right, step right to right side, step left slightly left
3&4 Cross step right behind left, step left to left side, cross step right over left
5-8 Step left to left side, touch right together, step right to right side turning ½ right, touch left together

LEFT SYNCOPATED VINE, RIGHT & LEFT SYNCOPATED SIDE TOUCHES, RIGHT FORWARD ROCK & RECOVER

1-2 Step left to left side, cross step right behind left
&3-4 Step left to left side, cross step right over left, step left slightly left

5&6& Touch right toes to right side, step right together, touch left toes to left side, step left together
7-8 Rock right forward, recover weight on left

¼ RIGHT TOUCH, RIGHT FLICK, RIGHT & LEFT SAILOR STEPS, ½ LEFT, LEFT TOUCH TOGETHER

1-2 Turning ¼ right touch right toes to right side, flick right to right diagonal
3&4 Cross step right behind left, step left to left side, step right slightly right
5&6 Cross step left behind right, step right to right side, step left slightly left
7-8 Turning ½ left step right back, touch left together

REPEAT

TAG

After dancing 2 walls you will be facing the back wall. Dance the following 12 count tag before starting the dance again

1&2 Step left forward, step right together, step left forward, 3-4 step right forward, pivot ½ left
5&6 Turning ¼ left step right forward, turning ¼ left step left back, step right back
7-8 Rock left back, recover weight on right
9&10 Touch left heel forward, step left together, touch right heel forward
&11 Step right together, touch left heel forward
&12 Clap twice

Dance 2 more walls of the dance bringing you to the front wall. Dance the first 8 counts of the tag (only!) Before starting the dance again. Dance will finish after count 56. Touch right to right for finale.
