

Cross My Heart

拍數: 36 牆數: 2 級數: Intermediate
編舞者: Glynn Rodgers (UK) & Lyn Kent (UK)
音樂: I Cross My Heart - George Strait



MAMBO STEP, BACK SWEEPS, TRIPLE TURN, ROCK & TURN

1&2 Rock forward right, recover weight onto left, step slightly back right
3 Sweep left foot from front to back, step down left
4 Sweep right foot from front to back, step down right
5&6 Triple ½ turn left stepping - left-right-left

Optional tag 3 danced here on wall 7

7&8 Rock forward right, recover weight onto left turning ¼ right, step right to right side

CROSS SHUFFLE, TRIPLE TURN, ROCK & TOGETHER, SWAYS

1&2 Cross left over right, step right to right side, cross left over right
3&4 Triple ½ left stepping - right-left-right

Restart & tag here wall 5

5& Rock left to left side, recover weight onto right
6 Close left to right
7-8 Step right to right side swaying hips right & left

Alternative count 5-6, you can change the count to 5-6& instead of 5&6

BACK ROCK, TURN SWEEP, BACK ROCK, TURN SWEEP, BACK ROCK, TURN, ROCK & TURN STEP

1&2 Rock back right, recover weight onto left, turn ¼ left stepping back right, sweep left leg from front to back
3&4 Rock back left, recover weight onto right, turn ½ right stepping back left, sweep right leg from front to back
5&6 Rock back right, recover weight onto left, turn ½ left stepping back right
& Turn ½ left stepping forward left
7&8 Rock forward right, recover weight onto left, turn ¼ right stepping right to right side

TOUCH & SCUFF & CROSS UNWIND, SIDE ROCK & CROSS, ROCK & TURN

1&2 Touch left toe over right, step left to place, scuff right foot forward
&3 Step right to place, cross left over right
4 Unwind full turn right
5&6 Rock right to right side, recover weight onto left, cross right over left
7&8 Rock left to left side, turn ¼ left recovering weight onto right, step back left

LOCK STEP, ½ RHUMBA BOX

1&2 Step back right, lock left over right, step back right
3&4 Step left to left side, close right to left, step forward left

Tag 1 danced here on wall 2

REPEAT

TAG 1

At the end of wall 2, facing the front wall

ROCKING CHAIR, WALK FORWARD

1& Rock forward right, recover weight onto left
2& Rock back right, recover weight onto left
3-4 Walk forward right & left

TAG 2

Danced once in wall 5

ROCK & TURN, CLAP

1& Rock left to left side, recover weight onto right turning $\frac{1}{4}$ left

2& Step left to left side, clap

TAG 3

Optional as the music fades on wall 7

CROSS UNWIND

1-4 Cross right over left, unwind slowly over 3 counts
