

Chained Heart

拍數: 32 牆數: 4 級數: Improver
編舞者: Barry Amato (USA)
音樂: Unchain My Heart - Isakatikazo



SHUFFLE RIGHT, ½ TURN, TOUCH, HIP ROLL, STEP, HIP ROLL, TOUCH

- 1&2 Shuffle to the right, stepping right, step together left, step right
3-4 With weight on right foot do a ½ turn left (on ball of right foot) and then transfer weight to left foot, touch the right foot next to the left foot
5-8 With weight on left foot begin to roll right hip to the right and step on the right foot at the same time, step on the left foot, repeat hip roll again to right and step on the right foot at the same time, touch the left foot next to the right

FULL 1 ¼/ TURN LEFT, SHUFFLE FORWARD, STEP FORWARD, HITCH/SNAP, TOUCH BEHIND, ¼ TURN/STEP

- 1 Begin 1 ¼ turn by opening a ¼ turn left and step forward on left foot
Continue to turn left but you will continue to progress forward even though you are turning left
2 As you open a ½ turn left pivoting on the ball of the left foot then step down on the right foot
& To complete the 1 ¼ turn, you will open up one more ½ turn to the left but still progressing forward, pivoting on the ball of the right foot
3&4 Shuffle forward stepping left-right-left
5-6 Step forward on the right foot, hitch left foot to right knee as you bend slightly at the waist and extend right arm forward and snap
7-8 Touch left foot straight behind, open a ¼ turn left and set weight down on left foot

CROSS, STEP, CROSS, SWING LEFT FOOT TO FRONT, CROSS, STEP ¼ TURN LEFT, COASTER STEP

- 1-2 Cross right foot over the left foot, traveling to the left step on the left foot but still keeping left foot behind right heel
3-4 Cross right foot over the left foot again, swing left foot around in front of right but keeping it close to right leg as though you a hitching left foot to right knee
5-6 Cross left foot over the right foot, open a ¼ turn left stepping on the right foot
7&8 Coaster step, stepping back left, together with the right and forward on the left

¼ TURN, PUSH-PIVOT ¼ TURN, PUSH-PIVOT ¼ TURN, PUSH-PIVOT ¼ TURN, PUSH-PIVOT ¼ TURN

- 1-2 Open a ¼ turn left, pivoting on ball of left foot as you push off the ball of right foot, open ¼ turn left and step down on left foot
3-4 Repeat
5-6 Repeat
7-8 Repeat

REPEAT
