

Bury My Heart

拍數: 64 牆數: 0 級數:
編舞者: Mary Elson (CAN)
音樂: Bury My Heart - Jason McCoy



RIGHT LEG SWINGS (HEEL, HOOK, HEEL, OUT, HEEL, HOOK, HEEL, TOGETHER)

- 1-2 Tap right heel forward on angle, hook in front of left knee
- 3-4 Tap right heel forward on angle, swing right foot up and out to side
- 5-6 Tap right heel forward on angle, hook in front of left knee
- 7-8 Tap right heel forward on angle, step together

LEFT LEG SWINGS (HEEL, HOOK, HEEL, OUT, HEEL, HOOK, HEEL, TOGETHER)

- 9-10 Tap left heel forward on angle, hook in front of right knee
- 11-12 Tap left heel forward on angle, swing left foot up and out to side
- 13-14 Tap left heel forward on angle, hook
- 15-16 Tap left heel forward on angle, step together

HEEL, TOE TWISTS RIGHT, THEN LEFT WITH CLAPS

- 17-20 Moving to right twist heels, toes, heels, clap
- 21-24 Moving left twist heels, toes, heels, clap

TWO CHARLESTON STEPS

- 25-28 Step forward on right, kick left, step back on left, touch right toe back
- 29-32 Repeat

TWO PADDLE TURNS ¼ EACH TO LEFT

- 33-34 Step forward on right, pivot ¼ to left
- 35-36 Step forward on right, pivot ¼ to left
- 37-38 Step right, left
- 39-40 Raise toes up, down (raise both hands up too)

STEP TOUCHES FORWARD, BACK WITH CLAPS

- 41-42 Step forward on right, touch left and clap
- 43-44 Step forward on left, touch right and clap
- 45-46 Step back on right, touch left and clap
- 47-48 Step back on left, touch right and clap

WEAVING VINES TO RIGHT, THEN LEFT WITH ¼ TURN LEFT

- 49-52 Step right, cross left behind, step right, cross left
- 53-56 In front, step right, cross left behind, step right, touch left
- 57-58 Step left, cross right behind, step left
- 59-60 Cross right in front, step left, step right behind
- 61-64 Step left with ¼ turn left, touch right

REPEAT
