Bluegrass Heart

級數: Improver

編舞者: Max Perry (USA) & Bryan McWherter (USA)

音樂: Who's Gonna Pay For This Broken Heart - The Cox Family

SCUFF HITCH STEP, KICK BALL TOUCH, STEP, TOUCH, STEP, SHUFFLE FORWARD

- 1&2 Scuff right forward, hitch right knee, step right back
- 3&4 Kick left forward, step left forward, touch right to right side
- &5 Step right next to left, touch left to left side
- 6 Step left next to right
- 7&8 Right shuffle forward right, left right

ROCK FORWARD, RECOVER, ¾ LEFT SHUFFLE, ROCK FORWARD, RECOVER, HOLD, STEP DIAGONALLY BACK, CROSS (LOCK)

- 1-2 Rock left forward, step right in place (recover)
- 3&4 Turn ³⁄₄ left as you do a left shuffle left, right, left
- 5-6-7 Rock right forward, step left in place (recover), hold
- &8 Step right diagonally back, cross step left over right

OUT, OUT, CROSS, ROCK SIDE, RECOVER, CROSS, KICK BALL CROSS, HOLD, BALL CROSS

- &1-2 Step right back slightly (diagonal.), step left to side, cross step right over left (out, out, cross)
- 3&4 Rock left to left side, step right in place (recover), cross step left over right
- 5&6 Kick right forward (diagonal.), rock right back, cross step left over right slightly
- 7&8 Hold count "7", rock right side & slightly back w/ ball of foot, cross left over right

% RIGHT SHUFFLE, LEFT KICK BALL CHANGE, LEFT SIDE ROCK, SAILOR SHUFFLE TURNING % RIGHT

- 1&2Right shuffle turning ¾ right (right, left, right)
- 3&4 Kick left forward, rock left back, step right in place (recover)
- 5-6 Rock left to left side, step right in place (recover)
- 7&8 Cross step left behind right, turn ¼ right and step right forward, step left forward

REPEAT

RESTART

After doing the dance 4 times (you will be facing the 12:00 wall) start the dance but only do the first half counts 1-16, then start over. This will keep the dance exactly on phrase as there is an extra 16 counts in the song.





拍數: 32

牆數:4