

Be Still My Heart

拍數: 32 牆數: 2 級數: Improver
編舞者: EmCee (UK)
音樂: Be Still My Heart - Silje Nergaard



TOE STRUT, TURNING SHUFFLE, TURNING SHUFFLE, STEP SWEEP

1-2 Touch right toe forward, step heel down
3&4 ¼ turn right step left to left side, step right in place, step left slightly forward
5&6 Step forward on right, ½ turn left step left in place, step forward on right
7-8 Step forward on left, ½ turn right swivel on ball of left sweeping right out and round behind left

COASTER, SCISSOR, HALF TURN, BEHIND SIDE BEHIND

1&2 Step on right, step left next to right, step right forward
3&4 Rock out onto left, recover weight onto right, cross left in front of right
5-6 ¼ turn right step forward onto right, ¼ turn right step onto left
7&8 Step right behind left, step left to left side, step right behind left

Alternative for intermediate

5-6 Full turn right
7&8 ½ turn shuffle right (facing correct wall for the next rock recover)

TURN ROCK RECOVER, SHUFFLE BACK, SHUFFLE BACK, ROCK RECOVER

1-2 ¼ turn left rock forward on left, recover on right
3&4 Step back on left, step right back next to left, step left back
5&6 Step back on right, step left back next to right, step back on right
7-8 Step left back, rock forward onto right

ROCK RECOVER, SHUFFLE BACK, ROCK RECOVER, KICK BALL CHANGE

1-2 Step forward on left, recover weight back onto right
3&4 Step back on left, step right back next to left, step left back
5-6 Step back onto right, recover weight onto left
7&8 Kick right forward, step ball of right in place, step left in place

REPEAT
