

Tainted Hearts

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kym Barry (UK) & Elaine Aldridge - July 2008
音樂: Killer / Papa Was a Rollin' Stone - George Michael : (CD: Ladies & Gentlemen)



Right & Left Cross Rock Recover, Walk X 2 and Applejacks

- 1&2 Cross right leg over left, Rock left to left side, Step right to right side.
- 3&4 Cross left leg over right, Rock right to right side, Step left to left side
- 5-6 Step right forward, step left next to right
- &7&8 Take weight on right toe and left heel, Swivel right heel and left toe to left & return both Feet to place.

Steps 9 – 16 Repeat steps 1-8

Heel Holds X 2, Side rock, Weave ¼ turn left

- 1-2 Touch right heel fwd & hold
- &3-4 Touch left heel fwd & hold
- &5-6 Place left foot next to right, Rock right foot to right side & recover weight to left foot
- 7&8 Cross right foot behind left leg, Step left leg ¼ turn left, Step right leg forward

Left Rock & Coaster, 2 X Kick Touches

- 1-2 Rock forward on left, Recover back onto right
- 3&4 Step left back, Step right beside left, Step left forward
- 5-6 Kick right forward to right diagonal, Touch right toe across left leg
- 7-8 Kick right forward to right diagonal, Touch right toe next to left foot

½ Turn Left, Triple ½ Left X 2, Coaster

- &1-2 Step right in place, Step left fwd, ½ Turn left stepping back on right
- 3&4 Triple step ½ turn left, Stepping LRL
- 5&6 Triple step ½ turn left, Stepping RLR
- 7&8 Step left back, Step right beside left, Step left forward

Walk X 2, Fwd & Back Mambo's, Rt. Side Mambo

- 1-2 Step right foot Fwd, Step left foot Fwd
- 3&4 Rock right foot Fwd, Rock back left, Step right next to left
- 5&6 Rock left foot back, Rock forward right, Step left next to right
- 7&8 Rock right to right side, Rock back on left, Step right beside left

Side Mambo, Heel Holds, ½ Turn Heel Bounces, Sailor ¼ Turn Swivels & Kicks

- 1 & 2 Rock left to left side, Rock back on right, Step left beside right
- 3 - 4 Touch right heel forward and hold
- &5-6 Touch left heel forward and hold
- &7 Step left foot next to right, Step right foot Fwd
- 8-10 Bounce heels 3 times making a ½ turn left
- 11&12 Sweep left behind right turning ¼ left, Step right to right side, Step left in place
- 13-14 Step right to right side, Leaning slightly to right side, Bend right knee & twist heel out to right
- 15-16 Twist right heel in, Pushing off on right replace weight onto left & Kick right out to right Diagonal

START AGAIN & ENJOY