

# 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**