Put A Little Love In Your Heart

級數: Intermediate

編舞者: Jo Thompson Szymanski (USA) - November 2008

音樂: Put a Little Love In Your Heart - Scooter Lee: (CD: Home To Louisiana)

Two Kick Ball Crosses, Syncopated Vine Right, Cross Rock, Recover

- 1&2 Kick right diagonally forward, rock right back (with ball of foot), cross left over right
- 3&4 Repeat counts 1&2

拍數: 32

- &5-6 Step right to side, cross left behind right, step right to side
- 7-8 Cross/rock left over right, recover to right

(&) Cross, ¼ Turn, Back Triple, Coaster Step, Forward Rock, Recover

- &1-2 Step left to side, cross right over left, turn 1/4 right and step left back
- 3&4 Step right back, step left together, step right back
- 5&6 Step left back, step right together, step left forward
- 7-8 Rock right forward, recover to left

Hustle Switches: 1/2 Turns Right And Left

- &1-2 Rock right back (with ball of foot), recover to left, step right forward and turn 1/4 right
- 3-4 Turn 1/4 right and step left back, step right back
- &5-6 Rock left back (with ball of foot), recover to right, step left forward and turn 1/4 left
- 7-8 Turn 1/4 left and step right back, step left back

Side Ball Change, 3 Step Jazz Box, Heartbeat Slide Left, Right, Left & Left

- Rock right to side (with ball of foot), recover to left &1
- 2-4 Cross right over left, step left back, step right to side
- 5-6 Step left to side (leading with left hip. Bend knees slightly and keep them bent until the end of the dance), step right to side (leading with right hip)
- 7&8 Step left to side (with left hip lead), step right together (hips still left), step left to side (with left hip lead)

Optional: pat right hand over heart 4 times on counts 5,6,7,8

Counts 5-8 do not travel forward, it just goes side to side

Repeat





牆數:4