Heavy Heart (P)



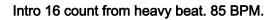
拍數: 64

牆數:0

級數: Intermediate Partner

編舞者: Theresa Needham (UK) & Al Gallagher (UK) - December 2008

音樂: Too Much On My Heart - The Statler Brothers : (CD: Farewell Concert)



Starting position - Sweetheart

*MAN. Siderock cha cha cha X 2

- 1-2 (release R hand) Rock L to L side, recover onto R,
- 3 & 4 Cha cha on the spot L R L
- 5 6 Rock R to R side, recover onto
- 7 & 8 Cha, cha on the spot R L R.

*LADY. Walk walk shuffle X 2 (circling round the man)

- 1-2 (Walk, L, Walk R,
- 3 & 4 Shuffle, L R L.
- 5 6 Walk, R, L (Taking L hand over man's head)
- 7 & 8 Shuffle, R L R (resuming sweetheart position)

BOTH

ROCK RECOVER, SHUFFLE BACK, SIDE ROCK, CROSS SHUFFLE

- 1 2 Rock forward on L, recover onto R
- 3 & 4 Shuffle back L R L
- 5 6 Rock R to R side, recover onto L
- 7 & 8 Cross R over L, step L to L side, Cross R over L, (moving forward)

SIDE ROCK, CROSS SHUFFLE, FORWARD ROCK RECOVER, SHUFFLE ½ R

- 1 2 Rock L to L side, recover onto R
- 3 & 4 Cross L over R, step R to R side, cross L over R (moving forward)
- 5 6 Rock forward on R, recover onto L
- 7 & 8 Shuffle ½ turn R, R L R

*MAN. Shuffle ½ R, rock back recover, Shuffle forward, walk L R.

- 1 & 2 (release L hand, raising R hand) Shuffle 1/2 R, L R L
- 3 4 Rock back on R, recover onto L
- 5 & 6 Shuffle forward, R L R
- 7 8 Walk forward,L R

*LADY. Shuffle $\frac{1}{2}$ R, rock back recover, shuffle $\frac{1}{2}$ L, walk back L. R

- 1 & 2 Shuffle ½ R, L R L
- 3 4 Rock back on R, recover onto L
- 5 & 6 Shuffle ½ L, R L R (RLOD)
- 7 8 Walk back, L R

#MAN. Shuffle forward, rock recover, shuffle back, rock recover

- 1 & 2 Shuffle forward, L R L,
- 3 4 Rock forward on R, recover onto L
- 5 & 6 Shuffle back, R L R
- 7 8 Rock back on L,recover onto R

#LADY. Shuffle back, rock back, recover, shuffle ½ L, rock back, recover

1 & 2 Shuffle back, L R L



- 3 4 Rock back on R, recover onto L
- 5 & 6 Shuffle ½ L, R L R (resume sweetheart position) (LOD)
- 7 8 Rock back o L, Recover onto R

BOTH

TOUCH KICK, COASTER CROSS, POINT CROSS X 2

- 1 2 Touch L toe forward, kick
- 3 & 4 Step back on L, step R beside L, cross L over R
- 5 6 Point R to R side, step R across L
- 7 8 Point L to L side, step L across R

ROCK FORWARD RECOVER, SHUFFLE BACK, ROCK BACK RECOVER, WALK L. R.

- 1 2 Rock forward on R, recover onto L
- 3 & 4 Shuffle back, R L R
- 5 6 Rock back on L, recover onto R
- 7 & 8 Walk forward, L R

14 R BEHIND SHUFFLE 14 L, FULL TURN L, SHUFFLE

- 1 2 ¹/₄ turn R, stepping L to L side, step R behind L (OLD)
- 3 & 4 Shuffle ¼ L, L R L (LOD)
- 5 6 (dropping R hand, raise L) Make ½ L, stepping back on R, ½ L, stepping forward on L (option Walk Walk)
- 7 & 8 Shuffle forward, R L R