

The Pulse

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK) - October 2010
音樂: Who Owns My Heart - Miley Cyrus : (CD: Can't Be Tamed)



Start after a 32 Count intro.

Step Left Forward, Side Touch Right, Step Back, Side Touch Left, Coaster Step, Step, Pivot 1/2 Turn Left.

1 2 3 4 Step forward on L. Touch R out to R side. Step back on R. Touch L out to L side.
5 & 6 Step back on L. Step R next to L. Step forward on L.
7 8 Step forward on R. Pivot 1/2 turn L.

Step, Pivot 1/2 Turn Left, Cross Step, Step Left, Sailor Step With 1/4 Turn Right, Shuffle Forward On Left.

1 2 Step forward on R. Pivot 1/2 turn L.
3 4 Cross step R over L. Step L out to L side.
5 & 6 Cross step R behind L. Turn 1/4 R stepping L to L side. Small step forward on R.
7 & 8 Step forward on L. Step R next to L. Step forward on L. [3 o'clock.]

Full Turn Left, Rock Forward On Right, Recover, Step Back, Heel Swivel, Step Back, Side Touch Right.

1 2 Turn 1/2 L stepping back on R. Turn 1/2 Left stepping forward on L.
3 4 5 Rock forward on R. Recover back on to L. Step back on R.
& 6 Coming up on to the balls of the feet swivel both heels L. Swivel both heels back to centre.
7 8 Step back on L. Touch R out to R side.

Right Hitch Ball Cross, Side Rock Right, Recover, Weave Left, Side Rock Left. Recover

1 & 2 Hitch R knee up. Step down on ball of R. Cross step L over R.
3 4 Side rock R on R. Recover on to L.
5 & 6 Cross step R behind L. Step L to L side. Cross step R over L.
7 8 Side rock L on L. Recover on to R.

Cross Step Behind, Side, Forward, Shuffle Forward, Step, Pivot 1/4 Turn Right, Cross Step, Side Step.

1 & 2 Cross step L behind R. Step R to R side. Step forward on L.
3 & 4 Step forward on R. Step L next to R. Step forward on R.
5 6 7 8 Step forward on L. Pivot 1/4 turn R. Cross step L over R. Step R to R side.

(*Restart on wall 3)

Cross Step, Turn 1/2 Left on Right, Left, Cross Step, Turn 1/2 Right on Left, Right, Rock Forward, Recover

1 2 3 Cross step L over R. Turn 1/4 L stepping back on R. Turn 1/4 L stepping L to L side. [12 o'clock.]
4 5 6 Cross step R over L. Turn 1/4 R stepping back on L. Turn 1/4 R stepping R to R side. [6 o'clock.]
7 8 Rock forward On L. Recover on R.

Side Rock Left, Recover, Sailor Step, Cross Shuffle, Side Step Left, Touch In.

1 2 Side rock L on L. Recover on R.
3 & 4 Cross step L behind R. Step R to R side. Step L to L side.
5 & 6 Cross step R over L. Step L to L side. Cross step R over L.
7 8 Step L to L side. Touch R next to L instep.

Side Step Right, Touch In, Rock Back On Left, Recover, Jazz Box With 1/4 Turn Left.

1 2 Step R to R side. Touch L next to R instep.
3 4 Rock back on L. Recover on to R.

5 6 7 8 Cross step L over R. Turn 1/4 L stepping back on R. Step L to L side. Small step forward on R. [3 o'clock.]

Start Again

***Restart: There is one restart during wall 3. Dance up to count 40 and start again from the beginning of the dance facing 12 o'clock.**
