

Heart and I

拍數: 64 牆數: 4 級數: Advanced
編舞者: Alan Birchall (UK) - December 2010
音樂: Heart and I - Robbie Williams : (CD: In And Out Of Consciousness, Greatest Hits
1990 - 2010)



Start: Just Before Lyrics At Start Of The Beat (16 secs) 32 counts

Note: This dance continues until the very end of the track.

ROCK, RECOVER, LOCK STEPS BACK, TOUCH BACK, UNWIND

1-2 Rock Forward On Right, Recover On Left
3&4 Step Back On Right, Lock Left Over Right, Step Back On Right
5&6 Step Back On Left, Lock Right Over Left, Step Back On Left
7-8 Touch Right Toe Back, Unwind ½ Turn Right Facing 6'o' Clock

STEP, ¼ PIVOT, CROSS SHUFFLE, TOE TOUCHES, HITCH

9-10 Step Forward On Left, ¼ Pivot Right Facing 9 'o' Clock
11&12 Cross Left Over Right, Step Right To Right, Cross Left Over Right
13&14 Touch Right Toe To Right, Step Right By Left, Touch Left Toe To Left
&15-16 Step Left By Right, Touch Right To Right, Hitch Right Knee

ROLLING VINE RIGHT, ¾ TURN, ¼ SIDE CHASSE

17-18 Making ¼ Turn Right Stepping Forward On Right, Making ½ Turn Right Stepping Back On Left
19-20 Making ¼ Turn Right Step Right To Right, Touch Left By Right (Clap Hands) Facing 9 'o' Clock

NOTE:- Dance Finishes Here During 9th Wall Facing 12 'o' clock

21-22 Making ¼ Turn Left Stepping Forward On Left, Making ½ Turn Left Stepping Back On Right
23&24 Making ¼ Turn Left Stepping Left To Left Step Right By Left, Step Left To Left Facing 9 'o' Clock

CROSS, BACK, SIDE CHASSE, CROSS, BACK, ¼ SIDE CHASSE

25-26 Cross Right Over Left, Step Back On Left
27&28 Step Right To Right, Left By Right, Step Right To Right
29-30 Cross Left Over Right, Step Back On Right
31&32 Step Left To Left, Right By Left, Making ¼ Turn Left Stepping Forward On Left Facing 6 'o' Clock

CROSS, UNWIND, SIDE CHASSE, RIGHT HEEL JACK, STEP, CROSS, SIDE

33-34 Cross Right Over Left, Unwind A Full Turn To Left
35&36 Step Left To Left, Step Right By Left, Step Left To Left
37&38 Cross Right Over Left, Step Left To Left, Extend Right Heel
&39-40 Step Right By Left, Cross Left Over Right, Step Right To Right (Body Angled To 7 'o' Clock)

CROSS, UNWIND, RECOVER, ¼ SIDE CHASSE, TRAVELLING HEEL JACKS

41-42 Cross Left Behind Right, Unwind ¾ Turn Left 9 'o' Clock
43&44 Making ¼ Turn Left Step To Right Step Left By Right Step Right To Right Facing 6 'o' Clock
45&46 Travelling To Right Cross Left Over Right, Step Right To Right, Extend Left Heel (Body Angled To 5'o' Clock)
47&48 Travelling To Right Cross Left Over Right, Step Right To Right, Extend Left Heel (Body Angled To 5'o' Clock)

TWIST, TWIST, TURN, KICK, COASTER STEP, KICK, KICK

- 49-50 Twist Heels Left, Twist Heels Right
51-52 Making ½ Turn Right Twist Heels Left, Kick Right Foot Forward (Body Angled To 11 'o' Clock)
53&54 Turning To Face 12'o'Clock Step Back On Right, Step Left By Right, Step Forward On Right Facing 12'o' Clock
55-56 Kick Left Foot To Front, Kick Left Foot To Left

TURNING ¼ SAILOR TURN, STEP, ½ PIVOT, FULL TURN, FULL TURN

- 57&58 To Face 9 'o Clock' Step Back On Left, Step Right By Left, Step Forward On Left Facing 9 'o' Clock
59-60 Step Forward On Right, ½ Pivot Left Facing 3 'o' Clock
61-62 Making ½ Turn Left Stepping Back On Right, Making ½ Turn Left Stepping Forward On Left Facing 3 'o' Clock
63-64 Making ½ Turn Left Stepping Back On Right, Making ½ Turn Left Stepping Forward On Left Facing 3 'o' Clock

START AGAIN
