

Listen To My Heart

拍數: 32 牆數: 4 級數: Improver
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音樂: Listen to My Heart - Sonny James : (CD: The Rock & Roll Side Of Sonny James)



The Dance start after 24 Counts

Rock Right Fwd, Recover, Right Coaster Step, Step Left, Drag to RF, Sailor Step with ¼ Turn Right

- 1 RF Rock Forward
- 2 LF Recover
- 3 RF Step Back
- & LF Step Beside RF
- 4 RF Step Forward
- 5 LF Step to Left Side
- 6 RF Drag to LF
- 7 LF Step Cross Behind RF
- & RF Step ¼ Turn Right (3)
- 8 LF Step Beside RF

Right Toe Heel, Left Cross Shuffle, Left Toe Strut Bwd, Right Kick Ball Touch

- 1 RF Touch Toe Right (Turn Heel Outside)
- 2 RF Touch Heel Right (Turn Toe Outside)
- 3 RF Step Cross over LF
- & LF Step to Left Side
- 4 RF Step Cross over LF
- 5 LF Step on Toe Back
- 6 LF Put Heel Down
- 7 RF Kick Forward
- & RF Step Back Beside LF
- 8 LF Touch Left Side

Step ¼ Pivot Turn Right, R-L-R Cha Cha Cha, Cross over RF, Touch Right, Right Scissor Cross

- 1 LF Step Forward
- 2 L+R Turn ¼ Turn Right (6)
- 3 RF Step on Place
- & LF Step on Place
- 4 RF Step on Place
- 5 LF Step Cross over RF
- 6 RF Touch Right Side
- 7 RF Step to Right Side
- & LF Step Close Beside RF
- 8 RF Step Cross over LF

Step Left Bwd, Lock for LF, Left Lock Step Bwd, Point Back, Turn ¼ Turn Right, Left Rumba Box Fwd

- 1 LF Step Back
- 2 RF Step Cross Before LF
- 3 LF Step Back
- & RF Step Cross Before LF
- 4 LF Step Back
- 5 RF Touch Behind Left Heel
- 6 R+L Turn ¼ Turn Right (9)
- 7 LF Step to Left Side

& RF Step Beside LF
8 LF Step Forward

Start Again:
