

Bitter Heart

拍數: 32 牆數: 4 級數: Easy Intermediate
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音樂: Bitter Heart - Zee Avi



Start after 16 counts

VINE RIGHT WITH A ½ TURN SCUFF, VINE LEFT, DIAGONAL ROCK

1&2& R side, cross L behind, R side, scuff L forward with a ½ turn right
3&4& Step L down, cross R behind, L side, scuff R
5&6 Cross R over L, recover on L, step R back diagonally R (5.00)
7&8 Step L back diagonally R, recover on R, step L next to R

SHUFFLE RIGHT, ½ TURN RIGHT, SHUFFLE LEFT, ½ TURN LEFT, SHUFFLE RIGHT, ¼ TURN RIGHT, SHUFFLE FORWARD

1&2 Shuffle right R-L-R,
3&4 ½ turn right, shuffle left L-R-L
5&6 ½ turn left, shuffle R-L-R
7&8 ¼ turn right, shuffle forward L-R-L

STEP RIGHT FORWARD, STEP LEFT, HEEL RIGHT, ¼ TURN RIGHT, COASTER, LEFT FORWARD ½ TURN RIGHT, STEP LEFT, BUMP HIPS

1&2 Step R forward, recover on L, Step R heel diagonally R
3&4 ¼ turn right, coaster R-L-R
5&6 L forward, ½ turn right, step L
7&8 Bump hips diagonally with R slightly forward R-L-R

DIAGONAL ROCK, CROSS SHUFFLE, STEP RIGHT, ¼ TURN LEFT, WALK FORWARD

1&2& Cross L over R, recover on R, Step L back diag L, recover on R (7.00)
3&4 Cross shuffle L-R-L
5-6 Step R to right, ¼ turn left step L
7-8 Walk forward cross R over L, cross L over R

Repeat

Ending after 5th wall :

1-4 ¼ turn left, sway hips R-L-R-L, hands on hips
5-8 ½ turn left, sway hips R-L-R-L, hands on hips
9-12 ½ turn left, sway hips R-L-R-L, hands on hips
13-16 Sway on spot with both palms on chest
17 Palms remain on chest, head falls to chest