

My Heart and I

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ryan King (UK) - October 2011
音樂: Me, My Heart and I - Ashley Gearing



Intro: 16 Counts

Walk R Walk L, Rock & Cross, Step Back L, Back ¼ R, Cross Shuffle

1, 2 Walk forward Right, Walk forward Left.
3 & 4 Rock Right to Right Side, Recover weight onto Left, Cross right over Left.
5, 6 Step back Left, Step back Right making ¼ Right.
7 & 8 Cross Left over Right, Step Right to Right Side, Cross Left over Right.

Side, Rock Recover, ¼ L Shuffle, Stomp Hold & Step

1, 2 Step Right to Right side, Rock Left behind Right.
3, 4 & Recover weight onto Right, Step Left to Left side, Step Right next to Left.
5, 6 Step ¼ Left, Stomp Right Foot forward.
7 & 8 Hold, Step left next to Right, Step forward Right.

Restart here on third wall.

L Rock Recover, L Coaster Step, 2 x ¼ Paddle Turns

1, 2 Rock forward Left, recover weight onto Right.
3 & 4 Step back Left, Step Right next to Left, Step forward Left.
5, 6 Step forward on right toe, push ¼ Left.
7, 8 Step forward on right toe, push ¼ Left.

Jazz Box Cross, Side Touch, Kick Ball Cross

1, 2 Cross Right over Left, Step back Left.
3, 4 Step side Right, Cross Left over Right.
5, 6 Step side Right, Touch Left next to Right.
7 & 8 Kick Left foot diagonally Left, Step side Left, Cross Right over Left

Kick Ball Cross, Kick Ball Cross, Rock Recover ¼ Sailor.

1 & 2 Kick Left foot diagonally Left, Step side Left, Cross Right over Left
3 & 4 Kick Left foot diagonally Left, Step side Left, Cross Right over Left
5, 6 Rock side Left, Recover onto Right.
7 & 8 Step Left behind Right, Step back Right making ¼ Left, Step forward Left.

R Rock Recover, Triple Step Full Turn, L Rock Recover, ½ L Shuffle

1, 2 Rock forward Right, Recover onto Left.
3 & 4 Full Turn Triple Step (R L R)
5, 6 Rock forward Left, Recover onto Right.
7 & 8 Step ¼ Left, Step right next to Left, Step ¼ Left.

R Toe Strut, L Toe Strut, Right Point Cross, Left Point Cross

1, 2 Step Right toe forward, Drop Right heel.
3, 4 Step Left toe forward, Drop left heel.

Restart here on fourth wall.

5, 6 Point Right to Right side, Cross Right over Left.
7, 8 Point Left to Left Side, Cross Left over Right.

Kick Ball Step, Step Scuff, L Rock Recover, L Coaster

1 & 2 Kick Right forward, Step Right in place, Step forward Left.

3, 4 Step forward Right, Scuff Left.
5, 6 Rock forward Left, Recover onto Right.
7 & 8 Step back left, Step Right next to Left, Step forward Left.

Restarts:

Wall 3 dance first 16 counts and start again.

Wall 4 dance 52 counts and start again.
