

My Heart

拍數: 24 牆數: 4 級數: Improver
編舞者: Sabine Najda - January 2012
音樂: Oh My Heart - R.E.M.



Basic Waltz, ½ Turn Waltz

- 1 LF step forward
- 2-3 Step RF together, Step LF in-place
- 4 RF step back turning ½ left
- 5-6 Step LF together, Step RF in-place

Step, Point, Hold, Back Step, Point, Hold

- 1 LF step forward
- 2-3 Point RF right, Hold
- 4 RF Step back and cross behind LF
- 5-6 Point LF left, Hold

Cross, Side, Behind, Sweep ¼ Turn

- 1 Cross LF over RF
- 2-3 Step RF to side, Cross LF behind RF
- 4-6 Sweep right back turning ¼ right (keep toes close to the floor)

Behind, Side, Cross, Ronde

- 1 Cross RF behind LF
 - 2-3 Step LF to side, Cross RF over LF
 - 4-6 Sweep left to front (keep toes close to the floor)
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