

Bless Your Heart

拍數: 32 牆數: 2 級數: Beginner CONTRA
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音樂: Prettier Than Me - Miranda Lambert



Note: Lines begin facing each other. Each person is in line with a passing window in from of them.

VINE R- VINE L- R SIDE MAMBO- L SIDE MAMBO

1&2& Right side, left behind, right side, touch left
3&4& Left side, right behind, left side, touch right
5&6 Rock right to right, recover to left, step right next to left
7&8 Rock left to left, recover to right, step left next to right

R SHUFFLE FWD – SCUFF L- L SHUFFLE FWD- SCUFF R

1&2& Step forward on right, step left next to right, step forward on right, scuff left forward
3&4& Step forward on left, step right next to left, step forward on left, scuff right forward

Note: These steps are the steps you use to pass through the window in front of you, thus switching sides in line. You should be back to back here.

R ROCKING CHAIR- PIVOT ½ LEFT- TOUCH R

5&6& Rock forward on right, recover back on left, rock back on right, recover forward on left
7&8 Touch right forward, pivot ½ turn left, touch right forward

Note: When these steps are complete you should be once again facing the person in front of you, lined up with your passing window.

R SIDE- L TOGETHER- R SIDE- L TOUCH- HIP BUMPS L-R-L-R

1&2& Step right to right, step left next to right, step right to right, touch left next to right
3&4& Bump hips Left, right, left, right
5&6& Step left to left, step right next to left, step left to left, touch right next to left
7&8& Bump hips right, left, right, left

R TOE STRUT FWD- LEFT TOE STRUT FWD- R FWD MAMBO

1&2& Step forward on right toe, step down right heel, step forward on left toe, step down left heel
3&4 Rock forward on right, recover back on left, step right next to left

L TOES STRUT BACK- R TOE STRUT BACK- L COASTER

5&6& Step back on left toe, step down left heel, step back on right toe, step back on heel
7&8 Step back on left, step right next to left, step forward on right

BEGIN AGAIN!