

Heart Strings

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Ivonne Verhagen (NL) - March 2012
音樂: Heartstrings (This Is Love) - Ben Saunders : (Album: You Thought You Knew Me
By Now - iTunes)



Dance starts after 16 counts

STEP SIDE, ROCK, STEP, STEP SIDE, CROSS BEHIND, STEP SIDE, CROSS OVER, SIDE ROCK STEP, CROSS OVER, ¼ TURN LEFT, ¼ TURN LEFT,

1,2,& RF step to the right side, lf rock back, rf weight back on rf.
3,4,& LF step to the left side, rf cross behind left, left step to the left side
5,6,& RF cross over lf, LF rock left side, RF weight on RF
7,8,& LF cross over RF, ¼ turn left & RF step back, ¼ turn left & LF step side

CROSS ROCK STEP, STEP SIDE, CROSS ROCK STEP, STEP SIDE, BEND BOTH KNEES (GO DOWN) & COME UP, RF ROCK SIDE, WEIGHT BACK, FULL TURN LEFT

1,2,& RF cross rock over lf, weight back on lf, rf step to the right side
3,4,& LF cross rock over rf, weight back on rf, lf step to the left side

Restart in wall 6

5,6 Bend both knees & go down (also arms), Come up & step RF side (right arm to right side)
7&8 ¼ turn left & LF step forward, ½ turn left & RF step back, ¼ turn left & LF step side

CROSS ROCK STEP, SIDE (WRAPP IN), 1,1/4 TURN LEFT, ROCK STEP FORWARD, STEP BACK, STEP FORWARD, ½ TURN LEFT

1&2 RF cross rock over LF, weight back on LF, RF step side (body turns right, wrap in)
3&4 ¼ turn left & LF step forward, ½ turn left & RF step back, ½ turn left & LF step forward
5&6 RF rock forward, weight back on LF, RF step back (move upper body back)
7,8,&1 Move body forward & weight on LF, RF step forward, ½ turn left & weight on LF, RF step forward

STEP FORWARD, WALK, WALK WALK, WALK BACK, WALK BACK, WALK BACK, SAILOR ¼ TURN LEFT, CROSS ROCK, STEP

2&3 LF walk forward, RF walk forward, LF walk forward
4,&5 RF walk back, LF walk back, RF walk back
6&7 ¼ turn left & LF cross behind RF, Rf step side, LF step side
8,& RF cross rock over LF, LF step in place

NOTE: Restart the dance after count 12 in wall 6

End of the dance.

Have Fun!