

Rod's Heartache

拍數: 64 牆數: 4 級數: Improver
編舞者: Joenan (AUS) - April 2012
音樂: It's a Heartache - Rod Stewart



Count in - 16 counts

Step, Together, Sway, Hold, Step, Together, Sway, Hold

1-4 Step R to right side, step L beside R, step R to right side and sway, hold
5-8 Step L to left side, step R beside L, step L to left side and sway, hold (12)

Rock, Recover, Triple Step ½ Turn Right, Triple Step ½ Turn Right, Rock, Recover

1-2 Rock forward on R, recover on L
3&4 Turning ½ turn right triple step on R, L, R
5&6 Turning ½ turn right triple step on L, R, L
7-8 Rock back on R, recover on L (12)

Jazz Box ¼ Turn Right, Jazz Box ¼ Turn Right

1-4 Rock forward on R, turning ¼ turn right recover on L, step R to right side, step L beside R
5-8 Rock forward on R, turning ¼ turn right recover on L, step R to right side, step forward on L
(6)

Rocking Chair, Forward Shuffle, Forward Shuffle

1-4 Rock forward on R, recover on L, rock back on R, recover on L
5&6 Shuffle forward on R, L, R
7&8 Shuffle forward on L, R, L (6)

Step, Together, Sway, Hold, Step, Together, Sway, Hold (Repeat of Section 1)

1-4 Step R to right side, step L beside R, step R to right side and sway, hold
5-8 Step L to left side, step R beside L, step L to left side and sway, hold (6)

Rock, Recover, Triple Step ½ Turn Right, Triple Step ½ Turn Right, Rock, Recover (Repeat of Section 2)

1-2 Rock forward on R, recover on L
3&4 Turning ½ turn right triple step on R, L, R
5&6 Turning ½ turn right triple step on L, R, L
7-8 Rock back on R, recover on L (6)

Monterey ½ Turn Right, Monterey ¼ Turn Right

1-4 Monterey ½ turn right on R, R, L, L
5-8 Monterey ¼ turn right on R, R, L, L (3)

Lindy Right, Lindy Left

1&2 Chasse right on R, L, R
3-4 Rock back on L, recover on R
5&6 Chasse left on L, R, L
7-8 Rock back on R, recover on L (3)

Start Again

2 Tags: End of walls 2 facing back wall, and end of wall 4 facing front wall

Vine Right, Rolling Vine Left, Vine Right, Rolling Vine Left

1-4 Vine right on R, L, R, touch L beside R
5-8 Rolling vine left on L, R, L, touch R beside L

9-12 Vine right on R, L, R, touch L beside R
13-16 Rolling vine left on L, R, L, touch R beside L
