

Strait From The Heart

拍數: 48 牆數: 1 級數: Beginner - Country style
編舞者: Rene & Reg Mileham (UK) - May 2012
音樂: Fool Hearted Memory - George Strait : (CD: Strait From The Heart)



16 count intro.

Section 1: Rock forward, hold. Triple 1/2 turn. 2 x Forward shuffles

1 - 2 Rock right foot forward, hold
3 & 4 Triple 1/2 turn left (left, right, left)
5 & 6 Right shuffle forward
7 & 8 Left shuffle forward

Section 2: Side, together, right chasse. Repeat to left

1 - 2 Step right to right side, close left next to right
3 & 4 Chasse right
5 - 6 Step left to left side, close right next to left
7 & 8 Chasse left

Section 3: Right step, lock, step, lock, step. Repeat to left

1 - 2 Step right forward, lock left behind right
3 & 4 Step right forward, lock left behind right, step right forward
5 - 6 Step left forward, lock right behind left
7 & 8 Step left forward, lock right behind left, step left forward

Section 4: Rock forward, hold. Triple 1/2 turn. 2 x Forward shuffles

1 - 2 Rock right foot forward, hold
3 & 4 Triple 1/2 turn left (left, right, left)
5 & 6 Right shuffle forward
7 & 8 Left shuffle forward

Section 5: Travelling back-Cross, back, side, cross, back, side, cross, back

1 - 2 Cross right over left, step back on left
3 - 4 Step right to right side, cross left over right
5 - 6 Step right back, step left to left side
7 - 8 Cross right over left, step left back

Section 6: Rumba box

1 - 2 Step right to right side, close left to right
3 & 4 Right shuffle forward
5 - 6 Step left to left side, close right to left
7 & 8 Left shuffle back
