

Black Heart

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Black Heart - Stooshe : (EP - iTunes)



16 count intro.

Rock Back, Cross Step, Chasse, Rock Back, Cross Step, Chasse With 1/4 Turn Right.

1, 2 Cross rock on L behind R. Cross step on R over L.
3 & 4 Step L to left side. Step R next to L. Step L to left side.
5, 6 Cross rock on R behind L. Cross step L over R.
7 & 8 Turn 1/4 right stepping forward on R. Step L next to R. Step forward on R. (3 o'clock)

Rock Forward, Recover, Shuffle 1/2 Turn Left, 1/2 Turn Left, Step Back, Coaster Step.

1, 2 Rock forward on L. Recover back on R.
3 & 4 Turn 1/4 left stepping L to left side. Step R next to L. Turn 1/4 left stepping forward on L.
5, 6 Turn 1/2 left stepping back on R. Step back on L.
7 & 8 Step back on R. Step L next to R. Step forward on R.

Cross Rock, Recover, Full Turn Left With Left Chasse, Drag In, & Cross.

1, 2 Cross rock on L over R. Recover on to R.
3, 4 Turn 1/4 left stepping forward on L. Turn 1/2 left stepping back on R.
5 & 6 Turn 1/4 left stepping L to left side. Step R next to L. Long step on L to left side. (3 o'clock)
7 & 8 Drag R in towards L. Step down on ball of R. Cross step L over R.

Step Right, Behind, Kick Ball Cross, Step & Sway Right, Sway Left, Sailor Step.

1, 2 Step R to right side. Cross step L behind R.
3 & 4 Kick R forward to right diagonal. Step down on ball of R. Cross step L over R.
5, 6 Step R to right side swaying hips right. Sway hips left.
7 & 8 Cross step R behind L. Step L to left side. Step R to right side.

Rock Forward, Recover With Sweep, Sailor Step With 1/4 Turn Left, Jazz Box.

1, 2 Rock forward on L. Recover on to R sweeping L out to left side.
3 & 4 Turn 1/4 left cross stepping L behind R. Step R to right side. Step L to left side. (12 o'clock)
5, 6, 7, 8 Cross step R over L. Step back on L. Step R to right side. Step L next to R.

Walk Forward x 2, Mambo 1/2 Turn Right, Step Forward, Step With 1/4 Turn Left, Sailor Step.

1, 2 Walk forward on R, L.
3 & 4 Rock forward on R. Recover on to L. Turn 1/2 right stepping forward on R.
5, 6 Step forward on L. Turn 1/4 left stepping R to right side.
7 & 8 Cross step L behind R. Step R to right side. Step L to left side. (3 o'clock)

Cross, Touch Left, Touch Across, Sweep, Syncopated Weave Right, Touch Right. Touch in.

1, 2, 3 Cross step R over L. Touch L toe out to left side. Touch L toe across to right diagonal.
4 Sweep L round & out to left side.
5 & 6 Cross step L behind R. Step R to right side. Cross step L over R.
7, 8 Step R to right side swaying hips right. Sway hips left..

Step Forward, Rock Forward, Recover, Back Lock Step, Rock Back, Recover, Step Right.

1, 2, 3 Step forward on R. Rock forward on L. Recover on R.
4 & 5 Step back on L. Lock R over L. Step back on L.
6, 7, 8 Rock back on R. Recover on to L. Step R out to right side. (3 o'clock)

Start Again!
