

Heidi

拍數: 64 牆數: 2 級數: Improver
編舞者: Marie Sørensen (TUR) - August 2012
音樂: Heidi - Kurt Darren : (iTunes)



Intro: 16 Counts

Point, Hitch, Point, Hitch, Ball Change, Point, Hitch ¼ Turn, Hold

1-2 Point Right to Right side, hitch Right up & in front of Left
3-4 Point Right to Right side, hitch Right up & in front of Left
&5-6 Step Right beside Left, point Left to Left side, hitch Left up & in front of Right
7-8 ¼ turn Left on the ball of Right, point Left toe forward, hold (09:00)

Step Back, Sweep, Step Back, Sweep, Rock, Recover, Run, Run

1-2 Step back on Left, sweep Right back
3-4 Step back on Right, sweep Left back
5-6 Rock back on Left, recover
7-8 Run forward Left, Right (09:00)

Sugar Foot Left, Step Together, Sugar Foot Right, Step Together

1-2 Tap Left toe beside Right (Knee in) Tap Left heel beside Right (Knee out)
3-4 Tap Left toe beside Right (Knee in) step Left beside Right
5 – 6 Tap Right toe beside Left (Knee in) Tap Right heel beside Left (Knee out)
7-8 Tap Right toe beside Left (Knee in) step Right beside Left (09:00)

Samba Step Left, Right, Jazz Box ½ Turn Left

1&2 Cross Left over Right, rock Right to the Right side, recover
3&4 Cross Right over Left, rock Left to Left side, recover
5-6 Cross Left over Right, ¼ turn Left, step back on Right
7-8 ¼ turn Left, step fwd. Left, step Right beside Left (03:00)

Samba Step Left, Right, Jazz Box ½ Turn Left

1&2 Cross Left over Right, rock Right to the Right side, recover
3&4 Cross Right over Left, rock Left to Left side, recover
5-6 Cross Left over Right, ¼ turn Left, step back on Right
7-8 ¼ turn Left, step fwd. Left, step Right beside Left (09:00)

Side, Behind, Heel Jacks, Kick, Kick, Behind, Point

1-2 Step Left to Left side, cross Right behind Left
&3&4 Step Left to Left side, tap Right heel diagonal forward Right, step Right beside Left, cross Left in front of Right
5-6 Kick Right LOW diagonal forward Right, kick Right HIGH diagonal forward Right
7-8 Step Right behind Left, point Left to Left side (09:00)

Hitch, Point, Hitch, Point, ¼ Turn Left, Kick, Walk, Walk

1-2 Hitch Left up & in front of Right, point Left to Left side
3-4 Hitch Left up & in front of Right, point Left to Left side
5-6 ¼ turn Left on the ball of Right, kick Left forward
7-8 Step back Left, Right (06:00)

Rock Left, Recover, Jump Left, Right, Kick, Rock, Recover,

1-2 Back Rock Left, Recover
&3-4 Jump Left to Left side, jump Right to Right side, kick Left diagonal forward Left

- 5-6 Back Rock Left, Recover
&7-8 Jump Left to Left side, jump Right to Right side, cross Left over Right (06:00)

TAG: 40 Counts tag after wall 4, facing the front wall

Now the music slows down for the next 40 beats, listen, and follow the music.

T-1. Point, Hitch, Point, Hitch, Ball Change, Point, Hitch , Point Hitch

- 1-2 Point Right to Right side, hitch Right up & in front of Left
3-4 Point Right to Right side, hitch Right up & in front of Left
&5-6 Step Right beside Left, point Left to Left side, hitch Left up & in front of Right
7-8 Point Left to Left side, hitch Left up & in front of Right (12:00)

T-2. Ball Change, Heel, Together, Heel, Together, Heel Switches, Walk, Walk

- &1-2 Step Left beside Right, tap Right heel Fwd. step Right beside Left
3-4 Tap Left heel fwd. step Left beside Right
5&6& Tap Right heel fwd. step Right beside Left, tap Left heel fwd. step Left beside Right
7-8 Step fwd. Right, Left (12:00)

T-3 & T-4: Repeat section T-1 and T-2

T-5. Jazz Box Cross Over, Twice

- 1-2 Cross Right in front of Left, step back on Left
3-4 Step Right to Right side, cross Left in front of Right
5-6 Cross Right in front of Left, step back on Left
7-8 Step Right to Right side, cross Left in front of Right

Note: Thanks Joey for this music suggest !

Have Fun!

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