

Heal Me

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Marie-Aimé Le Barillec (FR) - June 2011
音樂: Heal Me by Zac Harry



Start dancing on lyrics

RIGHT SIDE SHUFFLE, LEFT ROCK BACK, LEFT SIDE SHUFFLE, RIGHT ROCK BACK

1&2 Chassé side right, left, right (weight to right)
3-4 Rock left back, recover to right
5&6 Chassé side left, right, left (weight to left)
7-8 Rock right back, recover to left

RIGHT KICK BALL CROSS TWICE, TOE SWITCHES, LEFT FORWARD, 1/2 RIGHT TURN

1&2 Kick right forward, step right together, cross left over right (weight to left)
3&4 Kick right forward, step right together, cross left over right (weight to left)
5& Touch toe right to side, step right together (weight to right)
6& Touch toe left to side, step left together (weight to left)
7-8 Step left forward, turn ½ right (weight to right, 6:00)

RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, RIGHT COASTER STEP FORWARD, LEFT COASTER STEP BACK

1&2 Chassé forward right, left, right (weight to right)
3&4 Chassé forward left, right, left (weight to left)
5&6 Step right forward, step left together, step right back (weight to right)
7&8 Step left back, step right together, step left forward (weight to left)

RIGHT ROCKING CHAIR FORWARD AND BACK, ¼ RIGHT JAZZ BOX BALL CROSS

1-2 Rock right forward, recover to left
3-4 Rock right back, recover to left
5-6-7-8 Cross right overt left, step left back, turn ¼ right and step right to side, cross left over right (weight to left, 9:00)

REPEAT

RESTART: during 10th wall (you'll start facing 9:00), after 16 counts ; restart facing 3:00

FINAL: After 12th wall, Finish facing 12:00, add the following :-

¼ RIGHT JAZZ BOX

1-2-3-4 Cross right overt left, step left back, turn ¼ right and step right to side, close left beside right (12:00)

HAVE FUN