

Heidi

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Audrey Watson (SCO) - February 2013
音樂: Heidi - Kurt Darren



This dance was written by request for Rachel Lardy – France and,
Dedicated to the South African Sunflower Fund

16 Count Intro: Start on Main Vocals

Section One: Back Rock, Walk, Walk, Kick & Point, Kick & Point

1-2 Rock back on right, recover fwd on left.
3-4 Walk fwd on right, walk fwd on left.
5&6 Kick right foot fwd, step down on ball of right, point left toe to left side.
7&8 Kick left foot fwd, step down on ball of left, point right toe to right side.

Section Two: Behind Side, Cross Shuffle, Side Rock, Sailor ¼ Turn.

1-2 Cross right behind left, step left to left side.
3&4 Cross right over left, step left to left side, cross right over left.
5-6 Rock left to left side, recover on right.
7&8 Turn ¼ left stepping left behind right, step right to right side, step left to left side.

Section Three: Fwd Rock, Shuffle Back, Slide, Slide, Coaster Cross.

1-2 Rock fwd on right, recover back on left,
3&4 Shuffle back on right, left, right.
5-6 Slide left foot back, slide right foot back.
7&8 Step back on left, step right next left, cross left over right.

Section Four: Side Tog, Chasse, Cross Rock, Chasse ¼ Turn.

1-2 Step right to right side, step left next right.
3&4 Step right to right side, close left next right, step right to right side.
5-6 Cross rock left over right, recover back on right.
7&8 Step left to left side, close right next left, turn ¼ left stepping fwd on left.

Section Five: Kick & Point x 2, Behind Unwind ½ Turn, Full Turn or Walk Walk.

1&2 Kick right foot fwd, step down on ball of right, point left foot to left side.
3&4 Kick left foot fwd, step down on ball of left foot, point right foot to right side.
5-6 Step right foot behind left, unwind ½ turn right, (weight on right foot)
7-8 Turn ½ right stepping back on left, turn ½ right stepping fwd on right.

(can be replaced by walk fwd on left, right).

Replace Steps 7-8 Step fwd on left, hold for a beat. Restart the dance from the beginning During Wall 5

Section Six: Jazz box Cross, Side Behind, ¼ Turn, ¼ Turn.

1-2 Cross left over right, step back on right.
3-4 Step left to left side, cross right over left.
5-6 Step left to left side, step right behind left.
7-8 Turn ¼ turn left stepping fwd on left, turn ¼ left stepping right to right side.

Section Seven: Back Rock, Kick & Cross, Step Hold & Step Touch.

1-2 Rock back on left, recover fwd on right.
3&4 Kick left foot fwd, step down on ball of left, cross right over left.
5-6 Step left to left side, hold for a beat.
& 7-8 Step right next left, step left to left side, touch right next left..

Section Eight: Back Rock, Kick & Cross, Step hold & Step Hold.

- 1-2 Rock back on right, recover fwd on left.
- 3&4 Kick right foot fwd, step down on the ball of right, cross left over right.
- 5-6 Step right to right side, hold for a beat.
- & 7-8 Step left next right, step right to right side, Transfer weight to Left foot.

At the end of wall 4 the music slows down, you will be dancing in slow motion, just keep to the beat until it comes back up to speed.

Last Revision - 11th February 2013
