

Bonfire Heart

拍數: 32 牆數: 2 級數: Improver
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音樂: Bonfire Heart - James Blunt



Note: The dance begins at 8 beats , just before the use of song

Shuffle forward R + L , Rolling Vine R Cross

1 & 2 Step right forward - step left next to right, step forward on right
3 & 4 Step left forward - step right beside left, step forward on left
5-8 3 steps in the right direction , doing a full turn clockwise run (R - L - R) - Cross left over right

Chasse R , Rock Back , Heel & Heel Heel Grind & Turning ½ L

1 & 2 Step right to right - step left next to right, step right to right
3-4 Step left back , right foot lifting something - weight on right foot
5 & 6 Left heel forward - left foot next to right and right heel forward
& 7-8 right next to left foot forward and left heel touch down - turn ½ left and step right back (toe rotate) (6 clock)

Coaster Step , Shuffle Forward , ½ Turn R , ½ Turn R (Walk 2) , Kick- Ball-Point

1 & 2 Step left back - right foot next to left , step forward on left
3 & 4 Step forward on right - step left next to right, step forward on right
5-6 ½ turn right and step left back - ½ turn right stepping forward on right
7 & 8 Kick left forward - left foot beside right , touch right toe to right

Behind Side Cross, Side Skirt , shuffle Across , Stomp, Stomp

1 & 2 Cross right behind left - step left to left, cross right foot over left
3-4 Step left to left side , right foot lifting something - weight on right foot
5 & 6 Cross left over right - right foot slightly to the left and use cross left over right
7-8 Stomp right foot right - right next to left , stomp (excluding weight change)

REPEAT

Day / bridge (after round 10 - 12 clock)

Hold x4

1-4 HOLD 4 beats

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