

In My Heart

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Maggie Gallagher (UK) - November 2013
音樂: Knee Deep In My Heart - Shane Filan



Intro: 8 counts start on vocals

S1: POINT & POINT & CROSS BACK HEEL & CROSS, KICK & CROSS BACK HEEL

1&2 Point right toe across left, Step right next to left, Point left toe across right
&3&4 Step left next to right, Cross right over left, Step back on left, Tap right heel forward on right diagonal
&5-6 Step right next to left, Cross left over right, Kick right forward on right diagonal
&7&8 Step right next to left, Cross left over right, Step back on right, Tap left heel forward on left diagonal

S2: & CROSS, ¼ BACK, ½ SHUFFLE R, STEP TURN STEP, FULL TURN

&1-2 Step left next to right, Cross right over left, ¼ right stepping back left
3&4 ¼ right stepping right to right side, Step left next to right, ¼ right stepping forward right [9:00]
5&6 Step forward left, ½ pivot right, Step forward left [3:00]
7-8 ½ left stepping back on right, ½ left stepping forward left

S3: RIGHT LOCK STEP, LEFT LOCK STEP, TOUCH, BALL WALK, KICK R, CROSS BACK SIDE, FWD L

1&2 Step forward right, Lock left behind right, Step forward right [3:00]
&3&4 Step forward left, Lock right behind left, Step forward left, Touch right next to left
&5-6 Ball step right slightly back, Walk forward on left onto right diagonal [4:30], Kick right forward on right diagonal
&7&8 Cross right over left, Step back on left, Step right to right side, Step forward left [4:30]

S4: STEP R, ½ PIVOT L, 3/8 L, BEHIND SIDE CROSS & BEHIND SIDE, STEP L, TOUCH

1-2-3 Step forward on right, ½ pivot left [10:30], 3/8 left stepping right to right side [06:00]
4&5 Cross left behind right, Step right to right side, Cross left over right
&6& Step right to right side, Cross left behind right, Step right to right side
7-8 Take big step to left side, Touch right next to left [06:00]

S5: ¼ R, STEP L, ½ PIVOT R, ¼ R BALL CROSS, BALL CROSS, ¼ L, STEP R, ½ PIVOT L, ¼ L

1-2 ¼ right stepping forward right, Step forward left [9:00]
3&4 ½ pivot right, ¼ right stepping ball of left next to right, Cross right over left [6:00]
&5-6 Step left to left side,* Cross right over left, ¼ left stepping forward left [3:00] *Restart here Wall 5
7&8 Step forward right, ½ pivot left, ¼ left stepping right to right side [6:00]

S6: BEHIND, SIDE, STEP, CROSS, BACK, SIDE, CROSS & HEEL &

1-2 Cross left behind right, Step right to right side
3-4 Step forward on left, Cross right over left
5-6 Step back on left, Step right to right side
7&8& Cross left over right, Step back on right, Tap left heel forward on left diagonal, Step left next to right

RESTART: Wall 5 after counts 36&, Restart dance facing 6:00

ENDING: Wall 7, after 16 counts (full turn left) turn a ¼ left stepping right to right side to finish the dance facing front wall

Contact: www.maggieg.co.uk
