

7th Heaven

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Mike Hitchen (UK) - April 2014
音樂: Take It Like a Man (7th Heaven Mix) - Cher : (iTunes)



Intro 24 counts start on vocals Note no tags or restarts

Cross Side Behind Touch, Cross 1/4 Turn left, Back Shuffle

1-2 Cross right over left, Step left to side.
3-4 Step right behind left, Touch left to side.
5-6 Cross left over right, Turn 1/4 turn left stepping right back.
7&8 Step left back, Step right together, Step left back.

Rock Step, 1/2 Turn Left, 1/4 Turn Left, Cross Shuffle, 1/4 turn Left touch.

1-2 Rock back on right, Recover to left.
3-4 Turn 1/2 turn left stepping right back, Turn 1/4 turn left stepping left to side.
5&6 Cross right over left, Step left to side, Cross right over left.
7-8 Turn 1/4 turn right stepping left back, Touch right next to left.

Side Together, Forward Shuffle, Side Together, Forward Shuffle

1-2 Step right to side, Step left together.
3&4 Step right forward, step left together, Step right forward.
5-6 Step left to side, Step right together.
7&8 Step left forward, Step right together, Step left forward.

Rock Step, 1/4 Chasse, Cross Side Sailor Step.

1-2 Rock forward on right, recover to left.
3&4 Step right 1/4 turn right, Step left together, Step right to side.
5-6 Cross left over right, Step right to side.
7&8 Cross left behind right, Step right to side, Step left to side.

Jazz Box 1/4 Turn Right, Step Hold, & Cross Side

1-2 Cross right over left, 1/4 turn right stepping left back.
3-4 Step right to side, Cross left over right.
5-6 Step right big step to side, hold or drag left to right.
&7-8 Step on left, Cross right over left, Step left to side.

Rock Step, 2x 1/4 Turns Left, forward Rock Step, Shuffle 1/2 Turn.

1-2 Rock right behind left, Recover to left.
3-4 Turn 1/4 left Stepping right back, Turn 1/4 turn left stepping left to side.
5-6 Rock forward on right, Recover to left.
7&8 Step right 1/4 turn right, Step left together, Step right 1/4 turn right.

Rock Step, Shuffle 1/2 Turn Left, Step Turn, Walk Right Walk Left.

1-2 Rock forward on left, Recover to right.
3&4 Step left 1/4 turn left, Step right together, Step left 1/4 turn left.
5-6 Step right forward, Pivot 1/2 turn left. (weight on left)
7-8 Walk forward right, Walk forward left.

Cross Side, Behind & Heel, & Cross Side, Coaster Step.

1-2 Cross right over left, Step left to side.
3&4 Rock right behind left, Recover to left, Touch right heel diagonal forward.

&5-6 Step right towards left, Cross left over right, Step right to side.
7&8 Step left back, Step right together, Step left forward

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