Keeper Of My Heart



音樂: Keeper of My Heart - Mona McCall



\$01: ☐ Right side step - Together - Kick ball cross - Kick ball cross - Right side rock - Recover 1-2-3&4 RF. step to the right side – LF. step together – RF. kick forward – RF. set ball down – LF. cross over RF. 5&6-7-8 RF. kick forward – RF. set ball down – LF. cross over RF. – RF. step to the right side – Recover weight onto LF. \$02: Step fwd- Side touch- Cross fwd- Side touch- Step back - Side touch - Step behind - Side touch 1-2-3-4 RF. step forward – LF. touch to the left side – LF. cross over RF. – RF. touch to the right side 5-6-7-8 RF. step back – LF. touch to the left side – LF. cross behind RF. – RF. touch to the right side \$03: ☐ Rock fwd. – Recover – Right chasse – Rock fwd. – Recover – Left chasse with ¼ turn left RF. rock forward - Recover weight onto LF.- RF. step to the right side - LF. step together -1-2-3&4 RF. step to the right LF. rock forward - Recover weight onto RF. - LF. step to the left side - RF. step together -5-6-7&8 LF. step to the left [09.00] \$04: ☐ Rock fwd. – Recover – Triple ½ turn right – Triple ½ turn right – Rock back – Recover 1-2-3&4 RF. rock forward - Recover weight onto LF. - RF. step ¼ turn right - LF. step ¼ turn right -RF. step together 5&6-7-8 LF. step ¼ turn right – RF. step ¼ turn right – LF. step together – RF. rock back – Recover weight onto LF. \$05: □ Right side step - Behind - Side - Cross - Step ½ turn left back - Left side rock - Recover - Cross RF. step to the right side – LF. step behind RF. – RF. step to the right side – LF. cross over 1-2-3-4 5-6-7-8 RF. step ½ turn left back – LF. step to the left side – Recover weight onto RF. – LF. cross over RF. [03.00] \$06: ☐ Rock fwd. – Recover – Shuffle fwd. – Rock fwd. – Recover – Shuffle fwd. RF. step forward – Recover weight onto LF. – RF. step forward – LF. step together – RF. step 1-2-3&4 forward 5-6-7&8 LF. step forward – Recover weight onto RF. – LF. step forward – RF. step together – LF. step forward \$07: □ Rocking chairs – Jazz box RF. step forward – Recover weight onto LF. – RF. step back – Recover weight onto LF. 1-2-3-4 5-6-7-8 RF. cross over LF. - LF. step back - RF. step to the right side - LF. step together \$08: □ Paddle full turn left with hips sway 1-8 RF. step ½ turn left forward with hip sway to the right – LF. step together with hip sway to left (4x)Start again

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Happy dancing ,.....Veel dansplezier