Total Eclipse of the Heart

Level: High Intermediate

Choreographer: Bonita Tam Wing Yee - October 2018

Count: 32

Music: Total Eclipse of the Heart (Glee Cast Version) (feat. Jonathan Groff) - Glee Cast

| Intro: 4 Counts (Right foot point forward, weight on Left) | |
|---|---|
| S1: R, L, R (ba 1-2&3 4&5 | ick), Side, R 1 and 3/8 turn, Left full turn, Back L, R, 3/4 Spiral, Cross side behind Right Step back, Left back, Right, Left side. (Left facing 10:30 and Right . pointing 3:00) |
| 4&0 | Step right, Turning 3/8 right. Left step back, 1/2 Right turn. Right 1/2 turn, step forward, raising left foot, pushing both hands forward. |
| 6& | Step on Left. Right step back. |
| 7 | Sprial left 3/4 on left. Right sweeping right front. |
| 8&1 | Cross, Left side, Right behind 6:00 |
| S2: Cross side cross, Hitch 1/2, Touch + side, Rock recover side | |
| 2&3 | Left cross, Right side, Left Lunge (Arms open wide with plams facing down) |
| 4 | Right foot step beside left, knees bending down slightly (Arms bent forward, lifting a rock) |
| 5,6 | Hitching right foot, turning 1/2 right. Right step. (Arms putting down the rock) |
| & | Left foot touch close to right. |
| 7 | Left step side. (Left arm stretching sideway and Right arm toward). |
| 8&1 | Right Rock, Left recover, Right side. (Left arm stay in position, Right arm swinging with movement, ending upward) 12:00 |
| S3: Cross side, Spiral turn, Lunge 1/2 turn, Kick and shuffle | |
| 2&3 | (Still holding up Left arm, circling Right arm anti-clockwise) Left cross, Right side. |
| 4 | Left step, facing 1/8 left. 10:30. Spiral full turn, weight on left. |
| 5 | Right lunge forward with both arms stretched out. |
| 6 | Left foot close to right while making 1/2 left turn. 4:30 knees bent when finishing turn. (Arms relaxed) |
| 7 | Right foot kick both arms throwing rightward. |
| 8&1 | Shuffle Right Left Right 4:30 |
| S4: Drag touch hitch side X2, Stomp, Sit, Sway X2 | |
| 2& | Left foot drag touch hitch turning 1/8 Left. Step side (Left arm circling clockwise in front) 3:00 |
| 3,4 | Right foot drag touch hitch side. (Right arm moving anti-clockwise) |
| 5 | Left stomp. (Left arm stretching sideway) |
| 6& | Sit. Lean left. (still holding up left arm) |
| 7 | Sway Right. (Both arms circling upwards in front in opposite direction) |
| 8 | Sway Left. (Arms close up covering the heart, eyes looking down). |
| Ending with weight on left. 3:00 | |
| Start again with right 3:00 | |
| Ending: Dance ends on Wall 6, starting at 3:00. It ends on S3 with modification after count 2,3. S3: | |
| | |

- 2,3 Left cross, Right side (facing 3:00)
- 4 Left step, turning 1/4 left.
- 5 Spiral full turn left 12:00
- 6 Sway Right (both arms circling in front)
- 7 Sway Left (arms covering the heart and eyes looking downwards)

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Wall: 4