Hurting Heart

拍数: 32 **墙数:** 4 **级数:** Beginner
编舞者: Niels Poulsen (DK) & Anna Korsgaard (DK) - September 2013
音乐: You Got Away - Ann Tayler : (iTunes)

OBS! No Tags – no Restarts! This dance is a floor-split to my own improver dance 'You got away'.

Intro: 16 count intro (app. 6 secs. into track). Start with weight on L foot

[1 – 8] Fwd R, tap L behind, back L, kick R fwd, back R, touch & clap, back L, touch & clap

1 – 4	Step R fwd (1) tap L behind R (2), step back on L (3), kick R fwd (4) 12:00
5 – 8	Step back on R (5), touch L next to R and clap (6), step back on L (7), touch R next to L and clap (8) 12:00

[9 – 16] R coaster step, hold, run LRL fwd, hold

1 – 4	Step back on R (1), step L next to R (2), step fwd on R (3), hold (4) 12:00
5 – 8	Run fwd on L (5), run fwd on R (6), run fwd on L (7), hold (8) 12:00

[17 - 24] R mambo step, hold, L mambo step, hold

1 – 4	Rock fwd on R (1), recover weight back on L (2), step back on R (3), hold (4) 12:00
5 – 8	Rock back on L (5), recover weight fwd to R (6), step fwd on L (7), hold (8) 12:00

[25 – 32] Step ¼ L, cross, hold, stomp L, swivel heel toe heel next to L

1 – 4	Step fwd on R (1), turn ¼ L stepping onto L (2), cross R over L (3), hold (4) 9:00
5 – 8	Stomp L to L side (5), swivel R heel L (6), swivel R toes L (7), swivel R heel L (8) – weight L 9:00

Start again... and enjoy!

Ending Start wall 16, facing 3:00, and do up to count 12 (R coaster step, Hold). Just turn ¼ L onto L foot on count 5. You're now facing 12:00. Tadaahhh!? 12:00

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