

Shape of My Heart Easy

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver - smooth
编舞者: Christina Yang (KOR) - September 2014
音乐: Shape of My Heart - Sting



Start the dance after 32 counts

SECTION 1: LF DIAGONAL SYNCOPATED FORWARD CHASSE, RF DIAGONAL SYNCOPATED FORWARD CHASSE, FORWARD ROCK, RECOVER, LONG STEP TO BACKWARD, 3 TIMES OF BACKWARD WALK

1-2& LF diagonal forward, RF cross behind LF, LF forward
3-4& RF diagonal forward, LF cross behind RF, RF forward
5&6 LF forward rock, RF recover, LF long step to backward walk
7&8 RF backward, LF backward, RF backward

SECTION 2: COASTER STEP, FORWARD, FORWARD ROCK, RECOVER, 1/4 TURN TO L WITH SIDE STEP, CROSS BACK ROCK, RECOVER, SIDE STEP, 1/4 TURN TO L WITH BACKWARD, RF RECOVER

1&2 LF backward, RF closed to LF, LF forward
3 RF forward walk
4&5 LF forward rock, RF recover, 1/4 turn to L with LF side step
6&7 RF cross back rock, LF recover, RF side step
8& 1/4 turn to L with LF backward, RF recover

SECTION 3: FORWARD, WEIGHT TRANSFER TO RF, FORWARD, FORWARD, WEIGHT TRANSFER TO LF, FORWARD MAMBO, BACKWARD MAMBO

1-2& LF forward, weight transfer to RF, LF recover
3-4& RF forward, weight transfer to LF, RF recover
5&6 LF forward, RF in place, LF backward
7&8 RF backward, LF in place, RF forward

SECTION 4 : FORWARD ROCK RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, BACKWARD ROCK, RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, FORWARD ROCK RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, BACKWARD ROCK, RECOVER, DIAGONAL FORWARD STEP

1&2 LF forward rock, RF recover, 1/4 turn to L with LF side long step
3&4 RF backward rock, LF recover, 1/4 turn to L with RF side long step
5&6 LF forward rock, RF recover, 1/4 turn to L with LF side long step
7&8 RF backward rock, LF recover, RF diagonal forward step

RESTART&TAG

On the 7th wall, you should dance until 16 counts and start again after 2 times of tag
The Tag step is 2 times of forward walk and start again.

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