

Second Hand Heart

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Maggie Gallagher (UK) - October 2015
音乐: Second Hand Heart (feat. Kelly Clarkson) - Ben Haenow : (amazon)



Intro: □ 8 counts

S1: TOUCH BALL CROSS, SIDE, ¼ L SAILOR, WALK R, ½ R, ½ R SHUFFLE

1&2,3 Touch right next to left, Step on ball of right, Cross left over right, Step right to right side
4&5 Cross left behind right, ¼ left stepping right to right side, Step forward on left [9:00]
6-7 Walk forward right, ½ right stepping back on left [3:00]
8&1 ¼ right stepping right to right side, Step left next to right, ¼ right stepping forward on right [9:00]

S2: ROCK FWD, ½ L SHUFFLE, ¼ L SIDE, L SAILOR

2-3 Rock forward on left, Recover on right
4&5 ¼ left stepping left to left side, Step right next to left, ¼ left stepping forward on left [3:00]
6 ¼ left taking big step on right to right side [12:00]
7&8 Cross left behind right, Step right to right side, Step left to left side *Restart Wall 2

S3: CROSS ROCK, TRIPLE FULL TURN, ROCK FWD, JUMP BACK L, R, WALK BACK

1-2 Slightly cross rock right over left, Recover on left
3&4 Triple full turn right stepping right left right
5-6 Rock forward on left, Recover on right
&7-8 Jump back and out on left, Jump back and out on right, Walk back on left

S4: ROCK BACK, R KICK BALL CHANGE, R DOROTHY, L DOROTHY

1-2 Rock back on right, Recover on left
3&4 Kick right forward, Step right next to left, Step left next to right
5-6& Step forward right, Lock left behind right, Step forward right
7-8& Step forward left, Lock right behind left, Step forward left

S5: SIDE ROCK & SIDE ROCK, CROSS, ¼ L, ½ L SHUFFLE

1-2 Rock right to right side, Recover on left
&3-4 Step right next to left, Rock left to left side, Recover on right
5-6 Cross left over right, ¼ left stepping back on right [9:00]
7&8 ¼ left stepping left to left side, Step right next to left, ¼ left stepping forward on left [3:00]

S6: WALK R, L, ANCHOR STEP, BACK L, R, L COASTER

1-2 Walk forward right, Walk forward left
3&4 Lock right behind left, Step weight onto left, Step slightly back on right
5-6 Walk back left, Walk back right
7&8 Step back on left, Step right next to left, Step forward on left

S7: ROCK FWD & TOUCH, UP, DOWN & ROCK FWD & POINT L & R

1-2 Rock forward on right, Recover on left
&3&4 Step back on right, Touch left toe forward, Bump hips up, Bump hips down (weight on right)
&5-6 Step left next to right, Rock forward on right, Recover on left
&7&8 Step right next to left, Point left to left side, Step left next to right, Point right to right side

S8: R SAILOR, BEHIND SIDE CROSS, JUMP OUT R, L, WALK BACK, L COASTER

1&2 Cross right behind left, Step left to left side, Step right to right side
3&4 Cross left behind right, Step right to right side, Cross left over right

&5-6 On slight right diagonal jump out right, Jump out left, Walk back right
7&8 Straightening up step back on left, Step right next to left, Step forward on left [3:00]

RESTART: Wall 2 after 16 counts [3:00]

ENDING: The dance finishes on S8 counts 1&2, replace these counts with a sailor ¼ right to finish at 12:00
