Sweetheart

123

456

123 456

123

456

123

456

123

456

123

456

123

456

123

456

123

456



拍数: 42 墙数: 2 级数: Easy Intermediate 编舞者: Johnson Koo (SG) - July 2016 音乐: Loved - Lucy Hale Intro: 24 counts (Approx 11 sec into track – Start on lyrics) Sequence: Dance up to -(1) Wall 4 after sec 5 (9.00) add bridge A-18 counts. (Restart 12.00) (2) Wall 7 after sec 5 (3.00) add bridge A-18 counts and continue to do bridge B-21 counts. (Restart 12.00) (3) Wall 8 after sec 6 add 3 counts tag and start the dance again. (Restart 6.00) (4) Wall 9 after sec 5 (9.00) add bridge A-18 counts. (12.00 End wall) SEC 1: 1/4 R step R fwd, L sweep, L cross, R point. 1/4 turn R step RF fwd, Sweeping LF from back to front prep to cross over RF over 2 counts. Cross LF over RF, Point RF to R side over 2 counts. SEC 2: R cross twinkle ¼ L, L cross twinkle ¼ L. Cross RF behind LF, Make ¼ turn L step LF diagonal fwd L, Step RF diagonal fwd R. Cross LF over RF, Step back on RF, Make 1/4 turn L step LF to L side. (9.00) SEC 3: R cross, 1/8 L step L together, R fwd, L cross twinkle 3/8 L. Cross RF over LF, Make 1/8 turn L step LF near to RF, Step RF fwd. (7.30) Cross LF over RF, Step back on RF, Make 3/8 turn L step LF to L side. (3.00) SEC 4: R cross, L point, ¼ R hook L, Walk turning ¼ R w/L,R,L. Cross RF over LF, Point LF to L side, Making 1/4 turn R on ball of RF as you hook LF behind. Step fwd LF, Make 1/8 turn R step RF fwd, Make 1/8 turn R step LF fwd. (9.00) SEC 5: R scuff, R fwd, L step lock, Unwind ½ L. Scuff RF fwd, Step fwd on RF, Lock LF behind RF. Making unwind ½ turn L over 3 counts. (3.00) SEC 6: R full turn. L fwd mambo ½ L. Step RF fwd, Make ½ turn R step LF back, Make ½ turn R step RF fwd. Step/Rock LF fwd, Recover on RF, Make ½ turn L step LF fwd. SEC 7: R fwd mambo ½ R, ¼ R side rock cross, Step/Rock RF fwd, Recover on LF, Make ½ turn R step RF fwd. 1/4 turn R step/rock to LF to L side, Step RF to R side, Cross LF over RF. (6.00) Bridge A: A/SEC 1: (Box basic) -R fwd, L side, R together, 1/4 L step L fwd, R side, L together. Step RF fwd, Big step LF to L side, Step RF close to LF. 1/4 turn L step LF fwd, Big step RF to R side, Step LF close to RF. A/SEC 2: (Box basic) -R back diagonal L, ¼ L step L side, R together. ¼ L step L fwd, R side, L cross behind. Step RF back slightly diagonal L, 1/4 turn L big step LF to L side, Step RF close to LF. 1/4 turn L step LF fwd, Step RF to R side, Cross LF behind RF.

A/SEC 3: Sweep R vine L, sweep L cross.

123 Sweep RF cross behind LF, Step LF to L side, Cross RF over LF.

456 Sweep LF from back to front and cross over RF for 3 counts.

Bridge B:

B/SEC 1: R cross twinkle 1/4 R, L twinkle 1/2 L.

- 1 2 3 Cross RF over LF, Step LF diagonal fwd L, Make ¼ R step RF diagonal fwd R.
- 4 5 6 Cross LF over RF, Make ¼ turn L step RF back, Make ¼ turn L step LF diagonal fwd L.

B/SEC 2: R twinkle ½ R, L cross mambo.

- 1 2 3 Cross RF over LF, Make ¼ turn R step LF back, Make ¼ turn R step RF diagonal fwd R.
- 4 5 6 Cross LF over RF, Recover on RF, Step LF to L side.

B/SEC 3: R coaster turn 1/4 R, L together w/bend knees, Straighten legs w/slide back R, R sweep and touch.

- 1 2 3 ½ turn R step back on RF, Step LF near to RF, Step RF fwd.
- 4 5 6 Step LF close to RF as you bend both knees (squatting motion), Straighten both legs (stand
 - up motion) as you sliding R toe backward and recover weight onto LF for 2 counts.
- 7 a 8 Sweeping RF from back to front and cross in front of LF with touch over 3 counts.

Arms optional: Overlap both hands while bending both knees (count on 4). Open both arms while straightening both legs (count on 5,6). Continue to create a circular motion, bringing back both hands crisscrossing in front of the chest, ending facing left diagonal. (count on 7,a,8)

Tag: Dance up to wall 8 after SEC 6, do the next 3 counts

1 2 3 – Making ¼ turn L step RF to R side, Step/Rock LF to L side, Touch RF next to LF. (6.00)

Contact: johnsonkoohl@gmail.com