

My Heart Goes Boom

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Karen Kennedy (SCO) - February 2017
音乐: Girl Next Door - Lee Matthews : (Album: It's A Great Day To Be Alive)



Music Download:- iTunes and amazon

Intro:- 32 count - starting on vocals

RIGHT & LEFT LOCK FWD, ¼ PIVOT CROSS, ½ HINGE TURN, CROSS

1&2 Step right forward, lock left behind right, step right forward
3&4 Step left forward, lock right behind left, step left forward
5&6 Step right forward, pivot ¼ turn left, cross right over left (9.00)
7&8 ¼ turn right step back on left, ¼ turn right step right to right side, cross left over right (3.00)
*** Restart during Wall 3 - side wall**

½ OPEN RIGHT RUMBA BOX FWD, ½ OPEN LEFT RUMBA BOX FWD, RIGHT MAMBO, LEFT COASTER

1&2 Step right to right side, close left beside right, step right forward
3&4 Step left to left side, close right beside left, step left forward
5&6 Rock forward on right, recover back on left, step back on right
7&8 Step left back, step right back beside left, step left forward (3.00) Restart during wall 6 facing back wall

RIGHT MAMBO WITH ¼ TURN, CROSS MAMBO, ½ RIGHT CHASE, ¼ LEFT PIVOT CROSS

1&2 Rock forward on right, recover back left, ¼ turn right stepping right to right side (6.00)
3&4 Cross rock left over right, recover back on right, step left to left side
5&6 Step forward on right, ½ pivot left, step right forward (12.00)
7&8 Step left forward, ¼ pivot right, cross left over right (3.00)

RIGHT POINT SIDE, IN, SIDE, ¼ RIGHT COASTER STEP, LEFT POINT SIDE, IN, SIDE, ¼ LEFT COASTER STEP

1&2 Point right toe to right side, tap right beside left instep, point right toe to right side
3&4 ¼ turn right stepping right foot back, step left back beside right, step right forward (6.00)
5&6 Point left toe to left side, tap left beside right instep, point left toe to left side
7&8 ¼ turn left stepping back left foot back, step right back beside left, step left forward (3.00)

START AGAIN

Note:- Dance goes clockwise and please add the two restarts during the two instrumental parts of the song.

First Restart: – During wall 3 you are facing the back wall you just dance the first counts and Restart the dance facing the side wall as the vocals kick back in.

Second Restart - Wall 6 dance the first 16 counts through the instrumental part of the song and Restart the dance facing the back wall as the vocals start again.

Contact: karencazzza@aol.com or karen@nulinedance.com