His Missing Heart



拍数: 32 墙数: 4 级数:

编舞者: Linda Pink (AUS) & Gordon Elliott (AUS) - October 2018

音乐: His Missing Heart (Jigsaw Puzzle) - Jessica Meuse : (Album: Halfhearted)



Original Position: Feet Together Weight On The Left Foot. This dance is done in FOUR directions. Introduction: 16 Beats

SWEEP FORWARD, SWEEP FORWARD, COASTER FORWARD, SWEEP BACK, SWEEP BACK, 1/4 TURN SAILOR

Sweep To Step R Forward, Sweep To Step L Forward,
Coaster: Step R Forward, Step L Together, Step R Back,
Sweep To Step L Back, Sweep Step R Back,
Гurn 90° Left Sailor Step : L-R-L. (9.00)

FORWARD, ROCK-1/2 FORWARD-FORWARD, ROCK &PIVOT TURN, PIVOT TURN

1, 2 &	Step R Forward, Rock Back Onto L, Turn 180° Right Step R Forward,
3, 4 &	Step L Forward, Rock Back Onto R, Step L Together,
5, 6	Pivot : Step R Forward, Turn 180° Left Take Weight Onto L,
7, 8	Pivot: Step R Forward, Turn 180° Left Take Weight Onto L. (3.00)

ACROSS-SIDE-BEHIND-SWEEP-BEHIND-SIDE-ACROSS, 1/4 BACK, 1/2 FORWARD, MAMBO FORWARD

1 &	Step R Across In Front Of Lett, Step L To The Side,
2 &	Step R Behind Left, Sweep L Toe To The Side,
3 & 4	## Step L Behind Right, Step R To The Side, Step L Across In Front Of Right,
5, 6	Turn 90° Left Step R Back, Turn 180° Left Step L Forward,
7 & 8	Step R Forward, Rock Back Onto L, Step R Back. (6.00)

SAILOR STEP, SAILOR STEP, 1/4 BACK, ROCK, TRIPLE FORWARD

1 & 2	Sailor: Step L Behind Right, Step R To The Side, Step L To The Side,
3 & 4	Sailor: Step R Behind Left, Step L To The Side, Step R To The Side,
5, 6	Turn 90° Left Step L Back, Rock Forward Onto R,
7 & 8	Travel Forward Turning 360° Right Triple Step: L-R-L. (3.00)

[32] REPEAT THE DANCE IN NEW DIRECTION

RESTART : On WALL 5 dance to BEAT 20 (##) and RESTART facing the 3.00 (Listen to music for timing)

ENDING: Listen to the music and keep dancing right until the end of the song to finish with THREE sweeps forward to end.