Simply Heaven

拍数: 16

级数: Beginner

编舞者: Jan Brookfield (UK) - May 2020

音乐: Heaven (feat. Iris Dement) - Jason Wilber : (CD: Reaction Time 162 BPM)

Note : Feel the lilt in the music, giving it a gentle bouncy feel. If you count the music in polka time it would be a 32 count dance, but I decided to keep the notation simple, hence the 16 counts. Start the dance 14 seconds in, on the word "road" (I see a long fenced ROAD)

Section 1 : SIDE, CLOSE, SCISSOR STEP

1,2 Step R to right side, close L to R

3&4 Step R to right side, close L to R, step R across in front of L

Section 2 : SIDE, CROSS, ROCK, ¼ TURN, STEP

5,6 With body angled slightly to the left, step L to left side, step R across in front of L

7&8 Rock L to left side, recover weight onto R making quarter turn right, step L forward

(now facing 3 o'clock)

*** RESTART HERE ON 7th WALL, FACING 9 O'CLOCK

Section 3 : HEEL STRUTS FORWARD x 2; FORWARD COASTER (ENDING WITH TOE STRUT BACK)

- Strut forward on R (heel then toes), strut forward on L (heel then toes) 9&10&
- 11&12& Step R forward, step L next to R, strut back on R (toes then heel)

Section 4 : TOE STRUTS BACK x 2, COASTER, STEP

- 13&14& Strut back on L (toes then heel), strut back on R (toes then heel)
- 15&16 Step L back, step R next to L, step L forward

KEEP IT GOING!





墙数:4