If Your Heart Is Right



拍数: 64 墙数: 4 级数: Beginner / Improver

编舞者: Marianne Langagne (FR) - June 2022

音乐: Heart Is Right - Carlene Carter



Intro: 32 Counts

S1: SWIVEL R, CLAP, SWIVEL L, CLAP

1-2-3-4 Turn Heels to the R, Return, Turn Heels to the R, Clap 5-6-7-8 Turn Heels to the L, Return, Turn Hel to the L, Clap

S2: SWIVEL TO R, CLAP, SWIVEL TO L, CLAP

1-2-3-4 Turn Heels to the R, Turn Toes to the R, Turn Heels to the R, Clap 5-6-7-8 Turn Heels to the L, Turn Toes to the L, Turn Heels to the L, Clap

S3: DIAGONALLY STEP R, TOGETHER, KNEE HOP, VINE 1/4 TURN L, SCUFF

1-2-3-4 RF Diagonally Fwd R, Together, Up and Down heels 2 X bending Knees (weight on RF)

5-6-7-8 LF to the L, Cross RF behind LF, LF Fwd in 1/4 Turn L, Scuff 9:00

S4: VINE TO THE R, SCUFF, VINE TO THE L, STOMP UP

1-2-3-4 RF to the R, Cross LF Behind RF, RF to the R, Scuff LF

5-6-7-8 RF to the R, Cross RF behind LF, LF to the L, Stomp Up RF (Weight on LF)

HERE RESTART : 2nd Wall (facing 12:00)

S5: MONTEREY 1/4 TURN R X 2

1-2-3-4 R Pointe to the R, Together with pivot ¼ Turn R, L Pointe to the L, Together (Weight on LF)

12:00

5-6-7-8 R Pointe to the R, Together with 1/4 Turn R, L Pointe to the L, Together (Weight on LF) 3:00

S6: RUMBA MODIFIED

1-2-3-4 RF to the R, Together (Weight on LF), RF Fwd, Touch LF next to RF

5-6-7-8 LF to the L, Together (Weight on RF), LF Fwd, Scuff RF

S7: SIDE R, SWIVEL, STOMP UP, SIDE L, SWIVEL, STOMP UP

1-2-3-4 RF to the R, Turn L Heel to the R, Turn L Toe to the R, Stomp Up (Weight on RF)
5-6-7-8 LF to the L, Turn R Heel to the L, Turn R Toe to the L, Stomp Up (Weight on LF)

S8: MAMBO STEP R, HOLD, MAMBO STEP L, HOLD

1-2-3-4 RF to the R, Recover on LF, Together (weight on RF), Hold 5-6-7-8 LF to the L, Recover on RF, Together (weight on LF, Hold

ENJOY !!!!

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