Heavens Tears



拍数: 36 墙数: 2 级数: Intermediate

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音乐: Even God Must Get the Blues - Jo Dee Messina: (Album: I'm Alright)



Intro: 16 counts - Start on Lyrics

Notes: Tutorial and Demo can be found at www.jbtalbot.com

Section 1: R NC2S, SIDE, BEHIND SIDE CROSS, RECOVER 1/4 FWD, FULL SPIRAL, RUN RUN

1, 2& Step R to R, rock L behind R, recover weight R

3, 4& Step L to L, step R behind L, step L to L

5, 6& Rock R over L, recover weight L, ¼ R step R slightly fwd (3.00)

7 Step on ball of L fwd full spin over R as you hook R foot to L ankle (3.00)

8& Step/run R fwd, step/run L fwd

Section 2: FWD TOGETHER, BACK LOCK STEP, 1 ½ L TRIPLE, SWEEP CROSS/PRESS, RECOVER SWEEP, BEHIND SIDE CROSS

1& Step R fwd, step L together

2&3 Step R back, cross step L over R, step R back

4&5 ½ L step L fwd, ½ L step R together, ½ L fwd (starting to sweep R fwd) (9.00)

6, 7 Sweep R to cross over L press onto R foot, recover weight L (starting to sweep R back)

8&1 Sweep R behind L, step L to L, Cross R over L

Non Turning Option: counts 4&5 can be replaced with a ½ L shuffle fwd

Note: between count 3 and count 4, it will feel like a hold as you make your first ½ turn, just slow down.

Section 3: SIDE ROCK, FWD/RECOVER, FWD, ¼ BACK, ¼ FWD, ¼ SIDE, BEHIND SIDE, CROSS ROCK, RECOVER, SIDE ROCK, RECOVER

2&3 Side Rock L to L, small step R fwd as you recover weight R, rock/step L fwd in front R foot

(not cross

6& Step L behind R, step R to R

7&8& Cross rock L fwd, recover weight R, Side Rock L to L, recover weight R

Section 4: ROCK BACK, RECOVER, ¼ BACK, ½ FWD, FULL TURN R, BACK SWEEP, BACK SWEEP, BACK R, ½ FWD

1, 2&3 Rock L back, recover weight R, ¼ R step L back, ½ R step R fwd (9.00)

4&5 ½ R step L back, ½ R step R fwd, rock L fwd (9.00)

6, 7 Step back on R sweep L back, step back on L sweep R back

8&** Step R back, ½ L step L fwd** (3.00)

Note: Counts 6, 7, 8 are stepping straight back, not behind.

Section 5: 1/4 NC2S, SIDE, BEHIND, 1/4 FWD (1/4 L TO START AGAIN)

1, 2& 1/4 L step R to R, rock L behind R, recover weight R (12.00)

3, 4& Step L to L, step R behind L, ¼ L step L fwd (9.00)

(1) (To start again: ¼ L as you step R to R. This is the R NC2S on count 1)

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Restarts: Wall 3* - Start front wall dance to count 20&, then 1/4 L to front wall to restart

Wall 5* - Start back wall dance to count 20& then 1/4 L to back wall to restart

Wall 6** - Start back wall dance to count 32& then 1/4 L to back to restart

Finish: Dance to the very end and step R to R at front wall and drag together

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