拍数： 80
墥数： 1
级数：Advanced
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音乐：Heart Of The Darkness－Tommee Profitt \＆Sam Tinnesz


［1－8］R FWD，L FWD， $1 / 2$ PIVOT R，L FWD，R FWD，L FWD，R FWD， $1 / 4$ PIVOT L，R CROSS， $1 / 4$ R X 2<br>12\＆34 Step R forward［1］．Step L forward［2］．Pivot $1 / 2$ turn right［\＆］．Step L forward［3］．Step R forward［4］6：00<br>56\＆7 Step L forward［5］．Step R forward［6］．Pivot 1／4 turn left［\＆］．Cross R over L［7］．3：00<br>8 \＆<br>Make $1 / 4$ turn right stepping $L$ back［8］．Make $1 / 4$ turn right stepping $R$ to right［\＆］9：00

## ［9－16］1／8 TURN R FWD L，R MAMBO，L COASTER STEP．R FWD WITH ARM UP THEN DOWN，1／8 TURN R DOING L SIDE ROCK（WIARMS）

| $12 \& 3$ | Make 1／8 turn right stepping $L$ forward［1］．Rock $R$ forward［2］．Recover weight $L[\&]$. Step $R$ <br> back［3］10：30 |
| :--- | :--- |
| $4 \& 5$ | Step L back［4］．Step $R$ next to $L[\&]$ ．Step $L$ forward［5］10：30 |
| $6 \&$ | Step $R$ forward as you raise $R$ hand up to right diagonal［6］．Bring $R$ hand down across body <br> ［\＆］10：30 |
| 78 | Make 1／8 turn left rocking $L$ to left as you begin taking $R$ hand up and around as if drawing a <br> circle counterclockwise［7］．Recover weight $R$ as you finish circle and take $R$ hand out to right <br> side（hip level）［8］12：00 |

［17－24］WEAVE（LCROSS，RSIDE，LBEHIND，RSIDE），L CROSS ROCK（OPTIONAL ARM）．L SIDE，R POINT，R DRAG IN，2X CIRCLE SWEEPS R，R BEHIND WITH L SWEEP
1\＆2\＆Cross L over R［1］．Step R to right［\＆］．Cross L behind R［2］．Step R to right［\＆］12：00
34 Cross rock $L$ over $R$（option to take $L$ arm fwd and up to diagonal［3］．Recover weight $R$［4］ 12：00
\＆5\＆Step L to left［\＆］．Point $R$ to right side［5］．Bring $R$ foot in towards $L$（weight stays $L$ ）［\＆］12：00
67 Keeping weight $L$ sweep $R$ foot from front to back twice（as if drawing a circle on floor with $R$ ） ［6，7］12：00
8 Cross $R$ behind $L$ sweeping $L$ from front to back［8］12：00

## ［25－32］L BEHIND， $1 / 4$ R，L FWD WITH FULL SPIRAL TURN R，STEP FWD R－L，R ROCK FWD，STEP BACK R－L WITH SWEEPS，R BEHIND， $1 / 4$ L

| 1 \＆2 | Cross L behind $R$［1］．Make 1／4 turn right stepping $R$ forward［\＆］．Step L forward as you make <br> full spiral turn right（weight ends L）［2］3：00 |
| :--- | :--- |
| 3 \＆4 | Step R forward［3］．Step L forward［\＆］．Rock $R$ forward（styling：bend knees slightly lowering <br> down）［4］3：00 |
| 567 | Recover weight L［5］．Step R back as you sweep L［6］．Step L back as you sweep R［7］3：00 |
| 8 \＆ | Cross R behind L［8］．Make 1／4 turn left stepping L forward［\＆］12：00 |

［33－40］1／4 TURN L STEPPING R SIDE W／L LEG RAISE，L SIDE，R CROSS，L SIDE W／R LEG RAISE，R SIDE，L CROSS，R SIDE ROCK WITH $1 / 4$ TURN L，R ROCKING CHAIR，FULL TURN L STEPPING R－L

Make $1 / 4$ turn left stepping $R$ to right as you raise $L$ leg up slightly angle body to 6：00 pushing R arm forward［1］9：00
2 \＆Step L to left［2］．Cross R over L［\＆］．9：00
3 Step $L$ to left as you raise $R$ leg up slightly angle body to 12：00 pushing $L$ arm forward［3］ 9：00
4\＆5\＆Step R to right［4］．Cross L over R［\＆］．Rock R to right［5］．Make $1 / 4$ turn left recovering weight $L$［\＆］6：00
6\＆7\＆Rock $R$ forward［6］．Recover weight $L$［\＆］．Rock $R$ back［7］．Recover weight $L[\&]$ 6：00
8 \＆
Make $1 / 2$ turn left stepping $R$ back［8］．Make $1 / 2$ turn left stepping $L$ forward $[\alpha]$ 6：00
STYLING Counts 1－4\＆are technically facing the side however the angle of the body should send you
towards 6:00 \& 12:00-imagine being pulled in different directions trying to find a way out "darkness"

|  | VITH 2X WALKS R-L |
| :---: | :---: |
| 1 | Step $R$ forward raising up onto ball of $R$ as you hitch $L$ knee (option: raise $R$ arm forward at shoulder height) [1] 6:00 |
| 2 \& 3 | Step L back [2]. Step R next to L [\&]. Cross rock L over R (option: Touch L hand to R shoulder) [3] 6:00 |
| \& 4 | Recover weight $R$ (option: Touch $L$ hand to $L$ shoulder) [\&]. Step $L$ to left (option: throw $L$ hand to left side)[4] 6:00 |
| \&5\&6 | Step in place on ball of R [\&]. Cross L over R [5]. Step R to right [\&]. Step L next to R [6] 6:00 |
| \& | Raise both arms up in front of you (bent at wrist like a 'zombie') [\&] 6:00 |
| 7 \& | Step $R$ forward as you move arms slightly to the right [7]. Move arms slightly to the left [\&] 6:00 |
| 8 | Step L forward as you pull arms in [8] The arm styling for $\& 7 \&$ is like a zombie the lyrics are "phantom weight" 6:00 |

[49-56] REPEAT 33-40 12:00

|  | 41-46 (FIRST 6 COU S COME DOWN |
| :---: | :---: |
| 1-6 | Same as counts 1-6 in section 41-48 12:00 |
| \& | Push $R$ arm straight out to right side (palms facing out) [\&]. Push L arm straight out to left side (palms out) [a] 12:00 |
| 7 | Bring hands in at chest height making a heart shape with fingers [7]. 12:00 |
| \& | Raise both arms above head straightening fingers with fingertips touching (elbows are slightly bent) [\&] 12:00 |
| 8 | Bring arms down to each side in a slow chopping motion [8] 12:00 |

[65-72] R SIDE, 1/8TURN L BACK L, R BACK, $1 / 8$ TURN L SIDE, $1 / 8$ TURN L FWD R, L FWD, 1/8 TURN L INTO R SIDE NC BASIC, L SIDE ROCK SWAYING L-R

| $12 \&$ | Step R to right [1]. Make 1/8 turn left stepping $L$ back [2]. Step $R$ back [\&] 10:30 |
| :--- | :--- |
| $34 \&$ | Make 1/8 turn left stepping $L$ to left [3]. Make 1/8 turn left stepping $R$ forward [4]. Step $L$ <br> forward [\&] 7:30 |
| $56 \&$ | Make 1/8 turn left stepping $R$ to right [5]. Close $L$ slightly behind $R$ heel [6]. Cross $R$ over $L$ <br> [\&] 6:00 |
| $7 \&$ | Rock $L$ to left swaying left (option: Touch $R$ hand to $L$ shoulder) [7] Option: Touch $L$ hand to $R$ <br> shoulder [\&]. 6:00 |
| 8 | Recover weight $R$ as you sway upper body right (option: return arms to sides/neutral) [8] 6:00 |

[73-80] (REPEAT OF 65-72 BUT OPPOSITE LEG): L SIDE, 1/8 TURN R BACK R, L BACK, 1/8 TURN R SIDE, $1 / 8$ TURN R FWD L, R FWD, 1/8 TURN R INTO L SIDE NC BASIC, R SIDE ROCK WITH SWAY, RECOVER DRAGGING R
12 \& Step $L$ to left [1]. Make 1/8 turn right stepping $R$ back [2]. Step $L$ back [\&] 7:30
34 \& Make $1 / 8$ turn right stepping $R$ to side [3]. Make $1 / 8$ turn right stepping $L$ forward [4]. Step R forward [\&] 10:30
56 \& Make $1 / 8$ turn right stepping $L$ to left [5]. Close $R$ slightly behind $L$ heel [6]. Cross $L$ over $R[\&]$ 12:00
78 Rock $R$ to right swaying upper body right [7]. Recover weight $L$ as you drag $R$ in towards $L$ (weight remains L) [8] 12:00

ENDING: AT THE END OF THE 3RD REPETITION DURING SECTION 73-80 ONLY DANCE UP TO COUNT 6\& - THEN STEP R TO RIGHT SIDE AND DO THE "HEART OF THE DARKNESS" ARMS THAT ARE IN SECTION 57-64 COUNTS 7\&8
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