A Little Gem

拍数: 96 **墙数:** 1 **级数:** Improver

编舞者: JJ (JP)

音乐: Here Is My Heart - Lionel Richie

SKATE, SKATE, SIDE ROCK, CROSS SHUFFLE, KICK BALL ¼ TURN

1-2	Sweep right foot forward and diagonally to right, sweep left forward and diagonally left
3-4	Step right foot to right side, weight back onto left foot in place
5&6	Cross right over left, left to left side, cross right over left
7&8	Kick left foot forward, weight back onto left foot making ¼ turn over left shoulder, step right in place

SKATE, SKATE, SIDE ROCK, CROSS SHUFFLE, KICK BALL ¼ TURN

9-10	Sweep left foot forward and diagonally to left, sweep right foot forward and diagonally right
11-12	Step left foot to left side, weight back on to right in place
13&14	Cross left over right, step right to right, cross left over right
15&16	Kick right foot forward, weight back onto right foot making ¼ turn over right shoulder, step left in place

WALK, WALK, FORWARD SHUFFLE, ROCK STEP, BACK STEPS

17-18	Step forward on right foot, step forward on left foot
19&20	Step forward on right foot, slide left up to right, step forward on right foot
21-22	Rock forward onto left foot, weight back onto right foot
23-24	Walk backwards on left foot swinging right heel in, walk backwards on right foot swinging left heel in

JUMP BACK CLAP, CLAP, ROCK STEP, SHUFFLE ½ TURN, STOMP RIGHT LEFT

&25	Jump back onto left foot, touch right heel forward
26&27	Clap clap, bring right foot back in place next to left, rock forward onto left foot
28	Rock weight back onto right foot
29&30	Make ½ a turn over left shoulder stepping on left, right left
31-32	Stomp right foot in place, stomp left foot in place

STEP TURN, HEEL JACK, CLAP CLAP, STEP TURN, HEEL JACK, CLAP CLAP

33-34	Step forward on right foot, on weight of right foot swing round ½ turn over right shoulder landing with weight on left foot stepped back
&35	Jump back onto right foot, point left heel forward
36&	Clap clap, step weight onto left foot forward
37-40	Repeat steps 33-36
&	(Left heel is pointed forward) place weight fully onto that left foot

FULL TURN, FORWARD SHUFFLE, STEP POINT, STEP POINT

41-42	Step forward on right foot, step forward on left foot, all while making a full turn over the left shoulder
43&44	Step right foot forward, slide left foot up to right foot, step forward on right foot
45-46	Step left foot forward, point right foot to right side
47-48	Step right foot forward, point left foot to left side

BACK POINT, BACK POINT, BACK POINT, BACK POINT, CROSS UNWIND, JUMP OUT AND IN

&49	Step left foot behind right, point right toe to right side
&50	Step right foot behind left, point left toe to left side
&51	Step left foot behind right, point right toe to right side

&52	Step right foot behind left, point left toe to left side
53-54	Cross left foot over right, unwind ½ turn over right shoulder ending with weight on both feet
&55	Jump left foot to left side, jump right foot to right side
&56	Jump left foot back in place, jump right foot back in place next to left

FORWARD SHUFFLE, JAZZ BOX ¼ TURN X 4

57&58	Step left foot forward, slide right foot up to left, step forward on left foot
59&60	Cross right foot over left, step back on left, make ¼ turn over right shoulder and step forward on right foot
61-72	Repeat steps 57-60 three more times

STEP TURN, HEEL JACK, CLAP CLAP, STEP TURN, HEEL JACK, CLAP CLAP

73-74	Step forward onto left foot, on weight of left foot swing round ½ a turn over left shoulder landing with weight on right foot stepped back
&75	Jump back onto left foot, point right heel forward
76&	Clap clap, place weight onto right foot forward
77-80	Repeat steps 73-76 but not the and count - weight remains on the left foot back and the "&" count is replaced by a third clap

FORWARD SHUFFLE, JAZZ BOX ¼ TURN X 4

81&82	Step forward on right foot, slide left foot up to right, step forward on right foot
83&84	Cross left foot over right, step right foot back, make ¼ turn over left shoulder and step forward on the left foot
85-96	Repeat steps 81-84 three more times

REPEAT