

拍数: 32 墙数: 4 级数:

编舞者: Su Marshall (NZ)

音乐: This Ole Heart - Terri Clark



SHUFFLE TO RIGHT SIDE, 1/4 TURN & SHUFFLE BACK, STEP BACK, ROCK, SHUFFLE FORWARD

1&2 Step right to side, close left to right, step right to side

&3&4 1/4 turn to the left on ball of right, step back on left, close right to left, step back on left

5-6 Step back on right, rock forward onto left

7&8 Step forward on right, close left to right, step forward on right

1/4 TURN & CROSS SHUFFLE, ROCK SIDE, RECOVER, SAILOR SHUFFLES STARTING RIGHT, & LEFT

&1&2 1/4 turn to the left on ball of right, step left across front of right, step right to side, step left

across right

3-4 Rock-step right to side, rock-recover back onto left
5&6 Cross right behind left, step left to side, step right to side
7&8 Cross left behind right, step right to side, step left to side

STEP FORWARD, ROCK BACK, SHUFFLE WITH ½ TURN, STEP, ½ PIVOT, SHUFFLE

1-2 Step forward right, rock back onto left

3&4 Step back on right, close left to right with a ¼ turn to the right, ¼ turn to the right & step

forward on right

This ½ turn should become very smooth so you don't really notice it happening

5-6 Step forward on left, ½ turn to the right on ball of right 7&8 Step forward left, close right to left, step forward left

STEP, ROCK, 1/4 TURN & SIDE SHUFFLE, STEP SIDE, HOLD, STEP SIDE, CROSS BEHIND

1-2 Step forward right, rock back onto left

&3&4 ½ turn to the right on ball of left, step right to side, close left to right, step right to side

5-6 Step left to left side, hold

7-8 Step right to right side, cross left behind right

REPEAT