

From The Heart

拍数: 32 墙数: 4 级数: Improver
编舞者: Gemsie (UK)
音乐: Straight from the Heart - Bryan Adams



STEP SLIDE ROCK BACK, SIDE BEHIND & CROSS X3

- 1-2& Step left to left side, slide right behind left & rock on the right, recover weight left
- 3-4& Step right to right side, cross left behind & step right to right while crossing left in front.
- 5-6& Step right to right side, cross left behind & step right to right while crossing left in front.
- 7-8& Step right to right side, cross left behind & step right to right while crossing left in front.

ROCK, BEHIND SIDE CROSS, ROCK COASTER ¼ TURN

- 1-2 Rock right to right side, recover weight on left
- 3&4 Step right behind left step left to left side & cross right in front of left
- 5-6 Rock left to left side, recover weight on right
- 7&8 Make a ¼ turn left stepping back on the left step right together, step forward on left

ROCK TRIPLE 1 ½ TURN ROCK SHUFFLE BACK

- 1-2 Rock forward on right recover weight on left
- 3&4 Make a 1 ½ triple turn right stepping right left right (alternatively you could do a triple ½ turn)
- 5-6 Rock forward on left recover weight on right
- 7&8 Shuffle back left stepping left right left

SWEEP UNWIND SHUFFLE, TWICE ROCK AND CROSS

- 1-2 Make a ½ turn right sweeping the right foot round weight right

Restart after wall 7

- 3&4 Shuffle forward left stepping left right left
- 5-6 Make a ½ turn left sweeping the right (keep weight left)
- 7&8 Rock right to right side recover & cross in front of left

REPEAT

TAG

Danced after wall 5

ROCK RECOVER SHUFFLE TWICE

- 1-2 Rock left to left side recover weight on right
- 3&4 Shuffle forward stepping left right left
- 5-6 Rock right to right side recover weight on left
- 7&8 Shuffle forward right stepping right left right

RESTART

There is a restart on wall 7. Start the dance again after the first sweep in section 4; your weight will be on your right foot leaving your left to start again