Wild Hearts

拍数: 32   **墙数:** 2   **级数:** Intermediate

编舞者: Michael Lynn (UK) - September 2008

音乐: Crazy Days - Adam Gregory

或: Damaged - Danity Kane : (Album: Welcome To The Dollhouse)

Music 1: 16 count intro
Music 2: 32 count intro - An extremely funky & lively track, the alt styling adds a totally different spin on the dance.

JAZZ BOX 1/4 TURN RIGHT, LEFT KICK BALL CHANGE, STEP

1-2	Cross step right over left, step back on left,
3-4	Step right to right side making a 1/4 turn right, touch left beside right,
5&6	Kick left forward, step left beside right, step right in place,
7	Step forward left.

KITCHEN STEP, STEP, ROCK RECOVER, FULL TURN BACKWARDS, SAILOR ½ TURN LEFT

8&1	Hitch right knee, step right beside left, step forward left,
2-3	Step forward right, rock forward left,
4-5	Recover right, (over left shoulder) make 1/2 turn left stepping forward on left,
6	Continue another 1/2 turn left stepping back on right (12)
7&8	Sweep left foot behind right, right foot ½ turn left, step left to place.

NOTE: Kitchen step is just the name I use at my class for a hitch & step :o)

STEP- HIPBUMPS, JUMP TOGETHER, TOE-TOUCHES

1-2-3	Step forward right (keeping weight on left), bump hips x 3,
4	Small jump together,
5-6	Touch right toe forward, step right beside left,
7-8	Touch left toe forward, step left beside right.

ALT STYLING: If you are using the POP track you can add some funkyness to the above steps.
Counts 1-3; Step forward right (keeping weight on left), body shake over 3 counts,
Count 4; Jump both feet together, swing both wrists across chest,
Counts 5-6; Step forward right (pop shoulders), step right beside left,
Counts 7-8; Step forward left (pop shoulders), step left beside right.

RIGHT ROCK RECOVER, 1/4 TURNING SHUFFLE RIGHT, LEFT HEEL GRIND 1/4 TURN, TOGETHER, HEEL SWIVEL ¼ TURN

1-2	Rock forward right, recover left,
3&4	Step right 1/4 right, close left beside right, step right to right side,
5-6	Touch left heel forward, grind ¼ left taking weight onto right,
7-8	Step left beside right, swivel heels right making a 1/4 turn right (keeping weight on left).

ALT: Counts 3&4 can be replaced with: Triple step 1& 1/4 turn right, stepping - right, left, right.