

Latin Heartbeat

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Robert Lindsay (UK) - July 2013
音乐: Alma, Corazón y Vida (feat. Tamara) - Marcos Llunas : (Single)



Alternative Track: Shine a Light (West Funk & Steve Smart Remix) - McFly - No Tag with this track. Restart wall one.

[1-8] Cross, Side, Behind Sweep, Behind, Side, Cross, Sweep Hitch.

- 1-2 Cross step right over left. Step left to left side.
- 3-4 Step right behind left. Sweep left out and around from front to back
- 5-6 Step left behind right. Step right to right side.
- 7-8 Cross step left over right. Sweep and hitch right out and around from back to front

[9-16] Right Rocking Chair, Step ½ Pivot Turn, Step ½ Pivot Turn, Sweep.

- 1-2 Rock forward on right. Recover weight onto left.
- 3-4 Rock back on right. Recover weight onto left.
- 5-6 Step forward onto right. Pivot ½ turn left.
- 7-8 Turning ½ turn left, step back on right, sweeping left from front to back.

[17-24] Behind, Side, Cross, Sweep, Cross, Side, Behind, Sweep ¼ Turn Left

- 1-2 Step left behind right. Step right to right side.
- 3-4 Cross step left over right. Sweep right out and around from back to front.
- 5-6 Cross right over left. Step left to left side.
- 7-8 Step right behind left. Turning ¼ turn left, sweep left around from front to back.

[25-32] Reverse Rocking Chair, Touch Back, ½ Turn, Step ¼ Pivot Turn.

- 1-2 Rock back on left. Recover weight onto right.
- 3-4 Rock forward on left. Recover weight onto right.
- 5-6 Touch left back. Turn ½ turn left, keeping the weight on the left foot.
- 7-8 Step forward on right. Pivot ¼ turn left.

[33-40] Cross Rock, Chasse Right, Cross Rock Chasse Left.

- 1-2 Rock right across in front of left. Recover weight onto left.
- 3&4 Step right to right side. Step left beside right. Step right to right side.
- 5-6 Rock left across in front of right. Recover weight onto right.
- 7&8 Step left to left side. Step right beside left. Step left to left side.

[41-48] Cross, Side, Behind, ¼ Side, Step, Pivot ½ Turn, ½ Turn x 2.

- 1-2 Step right across in front of left. Step left to left side.
- 3-4 Step right behind left. Turning ¼ turn left, step forward onto left.
- 5-6 Step forward onto right. Pivot ½ turn left.
- 7-8 Turning ½ turn left, step back on right. Turning ½ turn left, step forward on left.

[49-56] Rock, Recover, Coaster Step, Step, Touch, Kick Ball Cross.

- 1-2 Rock forward on right. Recover weight onto left.
- 3&4 Step back on right. Step left beside right. Step forward on right.
- 5-6 Step forward on left. Touch right to left.
- 7&8 Kick right forward. Step right down beside left. Step left across in front of right.

[57-64] Step Touch x2, Jazz Box.

- 1-2 Step right to right side. Touch left beside right.
- 3-4 Step left to left side. Touch right beside left.

Restart here on WALL ONE when using the McFly track

5-6 Cross right over in front of left. Step back on left.

7-8 Step back and to the right on right. Step forward on left.

TAG At the end of wall 3 add the following 8 counts – when using Latin track only.

[1-8] Cross, Side, Behind, ¼ Side. Step, Pivot ½ Turn, ¼ Turn, Cross

1-2 Step right across in front of left. Step left to left side.

3-4 Step right behind left. Turning ¼ turn left, step forward onto left.

5-6 Step forward onto right. Pivot ½ turn left.

7-8 Turning ¼ turn left, step right to right side. Cross left over in front of right. Sweep right to start again.
