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拍数: 64

级数: Intermediate

编舞者: Hazel Pace (UK) - October 2013

音乐: Bonfire Heart - James Blunt : (Bonfire Heart - EP - iTunes)

Intro: 8 Counts - Just before Vocals. (116 BPM).

[1 – 8] Side Behind Kick & Cross, Rock Recover, Behind Side Cross.

- 1 2Step right to right side, left behind right.
- 3&4 Kick right foot forward, right beside left, cross left over right.
- 5 6Rock right to right side, recover on left.
- 7 & 8 Right behind left, left to left side, cross right over left.

[9 – 16] Step Together, Crossing Shuffle, Rock Recover, Behind 1/4 Turn Left.

- 1 2 Step left to left side, step right beside left.
- 3&4 Cross left over right, right to right side, cross left over right.
- 5 6Rock right to right side, recover on left.
- 7 8 Step right behind left, make 1/4 turn left stepping forward on left. (9.00).

[17 – 24] Right Shuffle, Rock Recover, 1&1/2 Turns Left. (Moving Back)

- 1&2 Step forward on right, left beside right, forward on right.
- 3 4Rock forward on left, recover on right.
- 5 6Make 1/2 turn left stepping forward on left, 1/2 turn left stepping back on right.
- 7 8 Make 1/2 turn left stepping forward on left, step forward on right. (3.00).

(Alternative for Counts 5 – 6. Walk back o Left, Right.)

[25 – 32] Rock Recover, Behind Side Cross, Rock Recover, Behind Side Cross.

- 1 2Rock forward on left, recover on right.
- 3&4 Step left behind right, right to right side, cross left over right.
- 5 6Rock right to right side, recover on left.
- 7 & 8 Step right behind left, left to left side, cross right over left.

[33 – 40] Side Shuffle, Cross Rock Recover, Side Rock Recover, Right Sailor Step.

- 1&2 Step left to left side, right beside left, left to left side.
- 3 4Cross rock right over left, recover on left.
- 5-6 Rock right to right side, recover on left.
- 7 & 8 Right behind left, left beside right, right to right side.

[41 – 48] Behind Unwind 3/4 Turn Left, Step Lock, Step Lock Step, Rock Recover.

- 1 2Left behind right, unwind 3/4 turn left. (Weight on Left). (6.00).
- 3 4 Step forward on right, lock left behind right.
- 5&6 Step forward on right, lock left behind right, forward on right.
- 7 8 Rock forward on left, recover on right.

[49 – 56] 1/4 Side Shuffle Left, Cross Rock Recover, Side Shuffle, Cross Rock Recover.

1&2 Make 1/4 turn left to left side, right beside left, left to left side. (Side Shuffle 3.00)

(Alternative for 1 & 2. Triple Step Making 1&1/4 Turns on Left, Right, left).

- 3 4 Cross rock right over left, recover on left.
- 5&6 Step right to right side, left beside right, right to right side.
- 7 8 Cross rock left over right, recover on right.

[57 – 64] Side Rock Recover, Left Sailor 1/4 Turn Left, 1/2 Turn Left, Sweep, Left Sailor Cross.

1 – 2 Rock left to left side, recover on right.





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- 3 & 4 Make 1/4 turn left stepping left behind right, right in place, left slightly forward. (12.00).
- 5 6 Make 1/4 turn left stepping back on right, sweep left round behind right.
- 7 & 8 Step left behind right, right beside left, cross left over right. (6.00).

RESTART: Wall 5 at Front. Dance Counts 1 to 4 only. - Start Again.

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