Your Heart or Mine

拍數: 32

級數: Improver

編舞者: Lynne Hoover (USA) - June 2023 音樂: Your Heart Or Mine - Jon Pardi

1 restart

Intro is 8 counts

HEEL HOOK x2, STEP LOCK STEP, ¾ R RUN, BACK-BACK**

- 1&2& Touch R heel fwd, then hook across left shin, repeat
- 3&4 Step R fwd, lock L behind R, step R fwd
- 5&6 Run LRL making ³/₄ turn to R
- 7-8 Step back on R, step back on L, **spice up your walk back with a shoulder roll from front to back on each step back

RESTART HERE WALL 3, FACING 6:00

R BACK COASTER, TRIPLE FWD, ROCK & CROSS, ½ TURN RIGHT

- 1&2 Step back on R, step L beside R, step R forward
- 3&4 LRL triple fwd
- 5&6 Rock R out to right side, step L next to R, cross R over L
- 7-8 Step on L making ¹/₂ turn to R, step on R

FWD ROCK, SIDE ROCK, BEHIND SIDE CROSS, FULL TRIPLE TURN, STEP LOCK STEP

- 1&2& Rock fwd on L, recover on R, Rock to L side, recover on R
- 3&4 Step L behind R, step R to side, cross L over R
- 5&6 360 deg. shuffle turn to left RLR OPTION: Shuffle back LRL
- 7&8 Step back on L, lock R over L, step back on L

SAILOR ½ TURN, KICKBALL CROSS, SWAY-SWAY, STOMP, STOMP

- 1&2 Swing R foot round to right making ¹/₂ turn land on R, step on L, step on R
- 3&4 Kick L foot fwd, land on L, cross R over L
- 5-6 Sway L, sway R
- 7-8 Stomp on L, Stomp on R but keep weight on L

Last Update: 7 Nov 2023





牆數:4