A Little Gem



拍數: 96 牆數: 1 級數: Improver

編舞者: JJ (JP)

音樂: Here Is My Heart - Lionel Richie



SKATE, SKATE, SIDE ROCK, CROSS SHUFFLE, KICK BALL 1/4 TURN

1-2 Sweep right foot forward and diagonally to right, sweep left forward and diagonally left

3-4 Step right foot to right side, weight back onto left foot in place 5&6 Cross right over left, left to left side, cross right over left

7&8 Kick left foot forward, weight back onto left foot making ¼ turn over left shoulder, step right in

place

SKATE, SKATE, SIDE ROCK, CROSS SHUFFLE, KICK BALL 1/4 TURN

9-10 Sweep left foot forward and diagonally to left, sweep right foot forward and diagonally right

11-12 Step left foot to left side, weight back on to right in place 13&14 Cross left over right, step right to right, cross left over right

Kick right foot forward, weight back onto right foot making ¼ turn over right shoulder, step left

in place

WALK, WALK, FORWARD SHUFFLE, ROCK STEP, BACK STEPS

17-18 Step forward on right foot, step forward on left foot

19&20 Step forward on right foot, slide left up to right, step forward on right foot

21-22 Rock forward onto left foot, weight back onto right foot

23-24 Walk backwards on left foot swinging right heel in, walk backwards on right foot swinging left

heel in

JUMP BACK CLAP, CLAP, ROCK STEP, SHUFFLE 1/2 TURN, STOMP RIGHT LEFT

&25 Jump back onto left foot, touch right heel forward

26&27 Clap clap, bring right foot back in place next to left, rock forward onto left foot

28 Rock weight back onto right foot

29&30 Make ½ a turn over left shoulder stepping on left, right left

31-32 Stomp right foot in place, stomp left foot in place

STEP TURN, HEEL JACK, CLAP CLAP, STEP TURN, HEEL JACK, CLAP CLAP

33-34 Step forward on right foot, on weight of right foot swing round ½ turn over right shoulder

landing with weight on left foot stepped back

Jump back onto right foot, point left heel forward

Clap clap, step weight onto left foot forward

37-40 Repeat steps 33-36

& (Left heel is pointed forward) place weight fully onto that left foot

FULL TURN, FORWARD SHUFFLE, STEP POINT, STEP POINT

Step forward on right foot, step forward on left foot, all while making a full turn over the left

shoulder

43&44 Step right foot forward, slide left foot up to right foot, step forward on right foot

45-46 Step left foot forward, point right foot to right side 47-48 Step right foot forward, point left foot to left side

BACK POINT, BACK POINT, BACK POINT, BACK POINT, CROSS UNWIND, JUMP OUT AND IN

&49	Step left foot behind right, point right toe to right side
&50	Step right foot behind left, point left toe to left side
&51	Step left foot behind right, point right toe to right side

&52	Step right foot behind left, point left toe to left side
53-54	Cross left foot over right, unwind ½ turn over right shoulder ending with weight on both feet
&55	Jump left foot to left side, jump right foot to right side
&56	Jump left foot back in place, jump right foot back in place next to left

FORWARD SHUFFLE, JAZZ BOX 1/4 TURN X 4

57&58	Step left foot forward, slide right foot up to left, step forward on left foot
59&60	Cross right foot over left, step back on left, make ¼ turn over right shoulder and step forward

on right foot

Repeat steps 57-60 three more times

STEP TURN, HEEL JACK, CLAP CLAP, STEP TURN, HEEL JACK, CLAP CLAP

73-74 Step forward onto left foot, on weight of left foot swing round ½ a turn over left shoulder

landing with weight on right foot stepped back

Lap clap, place weight onto right foot forward Clap clap, place weight onto right foot forward

77-80 Repeat steps 73-76 but not the and count - weight remains on the left foot back and the "&"

count is replaced by a third clap

FORWARD SHUFFLE, JAZZ BOX 1/4 TURN X 4

Step forward on right foot, slide left foot up to right, step forward on right foot

83&84 Cross left foot over right, step right foot back, make ¼ turn over left shoulder and step

forward on the left foot

85-96 Repeat steps 81-84 three more times

REPEAT