

One Heart!

拍數: 36 牆數: 4 級數: Intermediate
編舞者: Chris Williams (UK)
音樂: Ain't That A Lot Of Love - Tom Jones & Simply Red



The choreographer was age 15 when this dance was written.

HEEL TAPS WITH WEAVES

- 1-2 Tap right heel twice, clicking fingers on taps
- 3&4 Cross right behind left. Step left to left side. Cross right over left
- 5-6 Tap left heel twice, clicking fingers on taps
- 7&8 Cross left behind right. Step right to right side. Cross left over right

Note: while tapping heel, keep toe on floor and lean back on the diagonal

RIGHT VINE WITH CROSS TOUCHES AND ½ TURN

- 1-2 Step right to right side. Cross left behind right.
- &3&4 Step right to right side & cross left over right. Touch right toe to right side & hitch right knee
- 5-6 Cross right over left. Touch left to left side.
- 7 Cross left behind right
- 8 Unwind ½ turn stepping back on right & touching left heel forward

SHIMMIES, ROCK & TRIPLE TURN

- &1 Step down on left & touch right toe back, rolling right shoulder forward on count 1
- 2 Roll right shoulder forward on count 2
- &3 Jump forward in two small steps, right, left, bumping hips to left on count 3
- 4 Bump hips to left on count 4
- 5-6 Step forward on right & rock forward onto left. Recover onto right.
- 7&8 Triple turn left, right, left, ½ turn left

Counts 1 - 4 are meant to be done with style. The rolls & hip bumps can be easily replaced with whatever you feel comfortable with

HEEL JACKS WITH CROSSES

- 1-2 Step right to right side. Cross left behind right
- &3&4 Step back on right, touching left heel forward. Step down on left, crossing right over left
- 5-6 Step left to left side. Cross right behind left
- &7&8 Step back on left, touching right heel forward. Step down on right, crossing left over right

SIDE STEPS WITH HEEL TOUCHES AND HEEL SWITCHES

- 1-2 Step right to right side. Touch left heel diagonally forward to left
- 3-4 Step left to left side turning ¼ to right. Touch right heel diagonally forward to right
- &5&6 Step down on right, touching left heel forward. Step back on left, touching right heel forward
- &7&8 Step back on right, touching left heel forward. Step left beside right, swiveling heels out & in.

CROSS TOUCHES

- 1-2 Touch right to right side. Cross right over left
- 3-4 Touch left to left side. Cross left over right
- 5-6 Touch right to right side. Cross right over left
- 7-8 Touch left to left side. Cross left over right

REPEAT