

Two Hearts

拍數: 0 牆數: 4 級數: Improver
編舞者: Michel Cabana (CAN)
音樂: One Heart - Céline Dion



Sequence: AA B AAA B AA TAG BB A TAG

To give this dance style, pretend you are dancing on a thin line. Make your steps as straight as possible, even when doing rock steps

PART A

WALK, WALK, FORWARD LOCK STEP, ROCK STEP, BACK LOCK STEP

- 1-2 Step forward on the right, step forward on the left
- 3&4 Step forward on the right, cross left behind right, step forward on the right
- 5-6 Step forward on the left bending both knees slightly, recover weight on the right straightening the knees
- 7&8 Step back on the left, cross right over left, step back on the left

2 TURN WALK, WALK, FORWARD LOCK STEP, ROCK STEP, BACK LOCK STEP

- 1-2 Pivot 2 turn right as you step forward on the right, step forward on the left
- 3&4 Step forward on the right, cross left behind right, step forward on the right
- 5-6 Step forward on the left bending both knees slightly, recover weight on the right straightening the knees
- 7&8 Step back on the left, cross right over left, step back on the left

½ TURN STEP, TOUCH BALL STEP, CROSS, 1/8 TURN LEFT, 1/8 TURN LEFT, MILITARY PIVOT

- 1 Pivot ½ turn right as you step forward on the right
- 2&3 Touch left slightly across right, step left to the left taking whole weight, recover on the right
- 4 Step left across right
- 5-6 Step back on the right making 1/8 turn left, pivot another 1/8 turn left as you step forward on the left
- 7-8 Step forward on the right, pivot ½ turn left transferring weight to the left

ROCK STEP, COASTER STEP, ROCK STEP, COASTER STEP

- 1-2 Step forward on the right bending both knees slightly, recover weight on the left straightening the knees
- 3&4 Step back on the right, step left beside right, step forward on the right
- 5-6 Step forward on the left bending knees slightly, recover weight on the right straightening the knees
- 7&8 Step back on the left, step right beside left, step forward on the left

PART B

Do the first 24 counts of part A

TAG

TRACING A HEART

- 1 Step right to the side as you point both fingers straight forward touching each other
- 2-4 Trace a huge heart as big as you can, you should end with both fingers down and touching each other