

Inside Your Heart

拍數: 32 牆數: 4 級數: Improver
編舞者: Phil Austin (UK)
音樂: Locked Inside Your Heart - Barry Upton & Wild At Heart



CROSS SHUFFLE, SWAY, SWAY, CROSS SHUFFLE, SWAY, SWAY

1&2 Cross left over right, step right to right side, cross left over right
3-4 Step right to side and sway hips to right, sway hips to left
5&6 Cross right over left, step left to left side, cross right over left
7-8 Step left to side and sway hips to left, sway hips to hips

SIDE SHUFFLE, STEP, SWEEP $\frac{3}{4}$ TURN, SHUFFLE FORWARD, SLIDE

1&2 Step left to side, step right to left, step left to side
3-4 Step left to left, sweep right toe around $\frac{3}{4}$ turn and tap in front of left
5&6 Step forward right, step left to right, step forward right
7-8 Step left to side, slide right to left do not put weight onto it!

CROSS, UNWIND, CROSS, TAP, CROSS, TAP, CROSS SHUFFLE

1-2 Cross right over left, unwind $\frac{1}{2}$ turn over left shoulder
3-4 Cross right over left, tap left to side
5-6 Cross left over right, tap right to side
7&8 Cross right over left, step left to side, cross right over left

SIDE SHUFFLE, ROCK, RECOVER, TURN SHUFFLE, ROCK, RECOVER

1&2 Step left to side, step right to left, step left to side
3-4 Rock back right, recover weight onto left
5&6 While making an $\frac{1}{2}$ turn over left shoulder, step feet right, left, right and travel forward
7-8 Rock back left, recover weight onto right

REPEAT
