Heaven

拍數: 64

級數: Improver hustle

編舞者: Carrie L.O. Mcneish (USA)

音樂: Heaven Must Have Sent You - Bonnie Pointer

Second song option "Amazing" by George Michael

WALK, WALK, TAP, STEP, TAP, STEP, ROCK STEP

- 1-2 Walk forward right, left
- 3-4 Tap right toe to right side, step right foot next to left
- 5-6 Tap left toe to left side, step left foot next to right
- 7-8 Rock step right forward & recover

TRIPLE ½ TURN RIGHT, TRIPLE ½ TURN RIGHT, COASTER STEP, SKATE, SKATE

- 1&2 Right foot triple ¹/₂ turn to right (now facing the back wall)
- 3&4 Left foot triple ¹/₂ turn to right (now facing the front wall)
- 5&6 Right foot coaster step
- 7-8 Skate left, right

SIDE SHUFFLE LEFT, BALL-CHANGE, STEP TOUCH WITH ½ TURN, STEP TOUCH

- 1&2 Step left to left side, right by left, left to left side
- 3-4 Right rock back and recover
- 5-6 Right to right side, tap left next to right with 1/2 turn
- 7-8 Left to left side, tap right next to left (now facing the back wall)

MAMBO RIGHT FORWARD-BACK, HIP BUMPS, MAMBO LEFT FORWARD

- 1-2 Right rock forward and recover
- 3-4 Right rock back and recover
- 5-6 Right hip "hip bumps" forward (weight on right foot)
- 7-8 Left rock forward and recover

MAMBO LEFT BACK, HIP BUMPS, "FAST TAPS" FORWARD-SIDE

- Left rock back and recover 1-2
- 3-4 Left hip "hip bumps" forward (weight on left foot)
- 5&6 Quick tap right forward, recover and left forward, recover
- &7&8 Quick tap right to right side, recover and left to left side, recover (weight on left foot)

RIGHT FRONT KICK-SIDE KICK SAILOR, LEFT FRONT KICK-SIDE KICK, SAILOR WITH ¼ TURN TO LEFT

- 1-2 Right kick forward, side
- 3&4 Right sailor step in place
- 5-6 Left kick forward, side
- Left sailor step with 1/4 turn to left 7&8

ROCK, RECOVER, SHUFFLE ½ TURN, PADDLE, PADDLE, CROSS & HEEL

- 1-2 Right rock, recover
- 3&4 Right shuffle 1/2 turn
- &5&6 Paddle left 1/4 turn, paddle left 1/4 turn
- &7&8 Left cross over right, right to right side, left heel out forward

VINE TO LEFT, RIGHT KICK-BALL-CHANGE 2X

&1-2 Quick cross right over front of left, left to left side





牆數:4

3-4 Right behind left and left to left side

5&6-7&8 Right kick-ball-change 2x

REPEAT

Contact: cmcneish@cox.net