

Heart Attack

拍數: 0 牆數: 4 級數: Improver
編舞者: Maxime "Maverick" Baguley (UK)
音樂: Broken Heart Attack - The Cheap Seats



Sequence: AAB AAB to end.

SECTION A

SHUFFLE FORWARD TWICE, ROCK TWICE, SHUFFLE BACK TWICE, ROCK TWICE

- 1&2 Shuffle forward on right (right-left-right)
- 3&4 Shuffle forward on left (left-right-left)
- 5-6 Rock forward onto right, rock weight back onto left
- 7&8 Shuffle back on right (right-left-right)
- 1&2 Shuffle back on left (left-right-left)
- 3-4 Rock back onto right, rock forward onto left

RIGHT TOE, HEEL, TOE, HEEL, CHASSE RIGHT

- 5-6 Touch right toe (in left instep), touch right heel on right diagonal
- 7-8 Touch right toe (in left instep), touch right heel on right diagonal
- 1&2 Chasse/shuffle to right (right-left-right),

LEFT TOE, HEEL, TOE, HEEL, CHASSE LEFT

- 3-4 Touch left toe (in right instep), touch left heel on left diagonal
- 5-6 Touch left toe (in right instep), touch left heel on left diagonal
- 7&8 Chasse/shuffle to left (left-right-left)

ROCK, ROCK, ROCK, HOP, ROCK, ROCK, ROCK, HOP

- 1-2 Step/rock forward onto right, rock back onto left
- 3-4 Rock forward onto right, hop on right (gently hitch left)
- 5-6 Step/rock back onto left, rock forward onto right
- 7-8 Rock back onto left, hop on left (gently hitch right)

REPEAT ALL OF SECTION A

SECTION B

KICK, FLICK-TURN, STOMP, STOMP, HEEL SWIVEL

- 1-2 Kick right forward, ¼ pivot left & flick right foot behind (bending right knee)
- 3-4 Stomp right foot forward, stomp left foot back (so toes are slightly splayed out)
- 5-6 Swivel both heels outwards, return heels to center (optional-shrug shoulders up, then release)

HIPS RIGHT TWICE, HIPS LEFT TWICE, CIRCLES TWICE

- 7-8 Bump hips to right/diagonal twice
- 1-2 Bump hips to left/diagonal twice
- 3-6 Circle hips to the left twice (end with weight on left)

REPEAT