HEAVY HEART

Niveau :
Chorégraphe : Lee Hamilton, Stephen & Lesley McKenna
Musique : Frames by Lee DeWyze
Type : 64 temps, 2 murs, Mai 2017
Intro : 32 comptes

SECTION I 1-8 R SHUFFLE FWD, L FWD, ¼ R PIVOT TURN, CROSS L, ¼ L STEPPING R BACK, L COASTER STEP

1 & 2 Step R fwd, close L beside R, step R forward (12:00)
3 4 Step L fwd, pivot ¼ R (03:00)
5 6 Cross L over R, make a ¼ L by stepping R back (12:00)
7 & 8 Step L back, close R beside L, step L fwd (12:00)

SECTION II 9-16 R FWD, L HITCH, L COASTER STEP, ¼ L STEPPING R SIDE, HOLD, BALL SIDE, L TOUCH

1 2 Step R fwd, hitch L knee (12:00)
3 & 4 Step L back, close R beside L, step L fwd (12:00)
5 6 Make a ¼ L by stepping R to right side, hold (09:00)
& 7 8 Step ball of left beside right, step R to right side, touch L beside right (09:00)

SECTION III 17-24 ¼ L STEPPING L FWD, ¼ L STEPPING R SIDE, L BEHIND, BALL CROSS, R SIDE ROCK, TOGETHER, SWITCH TOES L & R

1 2 Make a ¼ L by stepping L fwd, Make a ¼ L by stepping R to right side (03:00)
3 & 4 Cross L behind R, step R to right side, cross L over R (03:00)
5 6 & Rock R to right side, recover, close R beside L (03:00)
7 & 8 Point L toe to left side, close L beside R, point R toe to right side (03:00)

SECTION IV 25-32 R SAILOR, ¼ SAILOR LEFT, R JAZZ BOX, L SHUFFLE FWD

1 & 2 Step R foot behind L, step L to left side, recover onto R (03:00)
3 & 4 Cross L ¼ left behind R, small step R to right side, recover onto L (12:00)
5 6 7 Cross R over L, step L back, step R to right side (12:00)
8 & 1 Step L fwd, close R beside L, step L forward (12:00)

SECTION V 33-40 R ROCK FWD, 1/2 SHUFFLE R, ¼ R STEPPING L SIDE, R KICK, R OUT, L OUT, BALL CROSS L

2 3 Rock R fwd, recover onto L (12:00)
4 & 5 Step R ¼ right, step L beside R, step R ¼ right fwd (06:00)
6 7 Make a ¼ R by stepping L to left side, kick R fwd (09:00)
& 8 & 1 Step R to right side, step L to left side, close R beside L, cross L over R (09:00)

SECTION VI 41-48 HOLD, R OUT, L OUT, BALL CROSS L, R CHASSE, L SAILOR

2 Hold (09:00)
& 3 & 4 Step R to right side, step L to left side, close R beside L, cross L over R (09:00)
5 & 6 Step R to right side, step L beside right, step R to right side (09:00)
7 & 8 Step L foot behind R, step R to right side, recover onto L (09:00)

SECTION VII 49-56 R CROSS SHUFFLE, BACK SHUFFLE ¼ R, 1/2 SHUFFLE R, L MAMBO

1 & 2 Cross R over left, step L to left side, cross R Right over left (09:00)
3 & 4 Make a 1/4 R by stepping back on L, close R beside L, step back on L (12:00)
5 & 6 Step R ¼ right, step L beside R, step R ¼ right fwd (06:00)
7 & 8 Rock L fwd, recover onto R, close L beside R (06:00)

SECTION VIII 57-64 WALK BACK R & L, R BALL ROCK, L BACK SHUFFLE, R OUT, L OUT, R TOUCH

1 2 & Step R back, step L back, close R beside L (06:00)
3 4 Rock L fwd, recover onto R (06:00)
5 & 6 Step back on L, close R beside L, step back on L (06:00)
& 7 8 Step R to right side, step L to left side, touch R beside L (06:00)

Tag: Step change on Wall 2 Section 6 – counts 7 & 8 become a Sailor 1/4 L back to 12 O'Clock

RECOMMENCEZ AU DEBUT