

My Second Hand Heart

COPPER **NOB**
BY STEPHEN GELL

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Stephen Gell (UK) - March 2016

Musik: Second Hand Heart (feat. Kelly Clarkson) - Ben Haenow : (iTunes and Amazon UK)



Intro: 8 Count Intro.

Restarts Wall 3: Wall 3 Starts Facing 6.00

Dance 16 Counts And Restart From The Beginning Of The Dance Facing 12.00.

Left Diagonal Shuffle, Right Diagonal Shuffle, Rock, Recover, left Coaster Step

- 1 – 3 Step forward left, Lock right behind left, Step forward left
- 4 & 5 Step forward right, Lock left behind right, Step forward right
- 6 – 7 Rock forward left, Recover right
- 8 & 1 Step back left, Step right next to left, Step forward left (12.00)

Step Pivot Step, Step Forward, Touch Back, Step Pivot Step

- 2 & 3 Step forward right forward, Make ½ turn left, Step forward right
- 4 & 5 Step forward left, Touch right toe back, Make ½ turn right on right foot (12.00)
- 6 – 8 Step left forward, Make ½ right, Step forward left (6.00)

Restarts Wall 3: Wall 3 Starts Facing 6.00 Dance 16 Counts And Restart From The Beginning Of The Dance Facing 12.00

Side Shuffle, Rock, Recover, Left Kick & Cross, ¼ Shuffle RIGHT

- 1 & 2 Step right to right side, Step left next right, Step right to right side
- 3 – 4 Rock back on left, Recover on right
- 5 & 6 Kick left to left diagonal, Step left in place, Cross right over left
- 7 & 8 Make ¼ Shuffle RIGHT- Stepping left, right, left (9.00)

Rock, Recover, Right Kick Ball Change, Full Turn Traveling Forward Turning Left, Sway Right, Left, Right

- 1 – 2 Rock back on right, Recover on left
- 3 & 4 Kick right foot forward, Step right next to left, Step left in place
- 5 – 6 Make ½ turn left stepping back on right, Make ½ turn left stepping forward on left

***Option: 5 – 6 Walk right, Walk left**

- 7 & 8 Sway Right, Left, Right (weight on right foot 9.00)

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Last Update - 16th March 2016