

Heart Shaped Bruise

COPPER **NOB**
BY STEPHENETS

Count: 48

Wand: 1

Ebene: Phrased Advanced NC

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Musik: Thinking of You - Elias



Introduction: After 1s (On the word « days »)

Sequence: A A B (28 counts) A A A B A B A

The dance starts facing 6 o'clock wall

PART A (16 counts) :

[1-8] STEP & SWEEP BACK $\frac{5}{8}$ TURN, RUN BACK x2, ROCK BACK, FULL TURN TO LUNGE FWD, RUN BACK x2, LUNGE SIDE, ROLLING VINE

- 1 $\frac{1}{8}$ turn R... Step RF forward (1:30)
2&3 $\frac{1}{2}$ turn R leaving LF sweep back... Step LF back, Step RF back, Rock LF back
4&5 Recover on RF forward, $\frac{1}{2}$ turn R... Step LF back, $\frac{1}{2}$ turn R... Lunge RF forward reaching L arm forward (1:30)
6&7 Step LF back, Step RF back, $\frac{1}{8}$ turn L... Lunge LF side bending L knee (12:00)
8& $\frac{1}{4}$ turn R... Step RF forward, $\frac{1}{2}$ turn R... Step LF back (9:00)

[9-16] OUT, OUT, BALL STEP $\frac{1}{2}$ TURN, OUT, OUT, $\frac{1}{4}$ STEP FWD, STEP $\frac{1}{2}$ TURN STEP, $\frac{1}{2}$ STEP BACK

- 1-2 $\frac{1}{4}$ turn R... Step RF side (Out), Step LF side (Out) (12:00)
&3 Step RF together, Step LF forward
4&5 $\frac{1}{2}$ turn R... Step RF forward, Step LF diagonally forward (Out), Step RF diagonally forward (Out) bending R knee (6:00)
6 $\frac{1}{4}$ turn L... Step LF forward (3:00)
7&8& Step RF forward, $\frac{1}{2}$ turn L... Step LF forward, Step RF forward, $\frac{1}{2}$ turn R... Step LF back (3:00)

At the end of part A : add $\frac{3}{8}$ turn R... to restart the dance stepping RF forward (7:30)

On first two part A : raise R hand above head (1), raise L hand above head crossing wrists (2), free hands down to side (&3-4), raise R hand head level (&), raise L hand head level (5), close hands rolling fingers to interpret the word « Mind » and let hands go down (6)

PART B (32 counts) :

[1-8] STEP & SWEEP FWD $\frac{1}{2}$ TURN, MAMBO $\frac{1}{4}$ TURN, MAMBO FWD, BEHIND $\frac{1}{4}$ STEP, FULL TURN

- 1 Step RF forward (7:30)
2&3 $\frac{1}{2}$ à D sweeping LF forward... Rock LF forward, Recover on RF back, $\frac{1}{4}$ turn L... Step LF forward (10:30)
4&5 Rock RF forward, Recover on LF back, Step RF back kicking LF forward
6&7 Cross LF behind RF, $\frac{1}{8}$ turn R... Step RF side, $\frac{1}{8}$ turn R... Step LF forward prepping body to R (1:30)
8& $\frac{1}{2}$ turn L... Step RF back, $\frac{1}{2}$ turn L... Step LF forward (1:30)

[9-16] $\frac{1}{4}$ SIDE ROCK REACHING OUT, STEP LOCK BACK, FULL TURN SWEEP BACK, BOW DOWN, OUT OUT IN, MAMBO

- 1 $\frac{1}{4}$ turn L... Rock RF side kicking LF and reaching R arm out as you look to side on word « You » (10:30)
2&3 Step LF side, Lock RF over LF, $\frac{1}{8}$ turn R... Step LF diagonally back (12:00)
4-5 $\frac{1}{2}$ turn R... Step RF forward, $\frac{1}{2}$ turn R... Step LF back sweeping RF back (12:00)
6 Finish sweep pointing RF behind LF as you bow down to interpret word « Down »
7&a Raise back up stepping RF side (Out) on ball of foot, Step LF side (Out) on ball of foot, Step RF together (In)
8& Rock LF forward, Recover on RF back (6:00)

[17-24] FULL TURN BACK, STEP BACK, COASTER MAMBO $\frac{1}{4}$ LUNGE SIDE, $\frac{1}{4}$ STEP FWD, CHASE $\frac{1}{2}$

TURN MAMBO

- 1-2 ½ turn L... Step LF forward, ½ turn L leaving RF sweep back... Step RF back (12:00)
3&4& Step LF back, Step RF together, Rock LF forward, Recover on RF back,
5-6 ¼ turn L... Lunge LF side bending L knee and pushing R hand across chest, ¼ turn R...
 Recover on RF forward (12:00)
7&8& Step LF forward, ½ turn R... Step RF together, Rock LF forward, Recover on RF back (6:00)

[25-32] ¼ LUNGE SIDE, ¼ STEP FWD, FULL TURN SPIRAL, STEP LOCK, SERPIENTE

- 1-2 ¼ turn L... Lunge LF side bending L knee and pushing R hand across chest, ¼ turn R...
 Recover on RF forward (6:00)
3 Step LF forward spiral full turn R hooking RF over L leg ... (6:00)
4& Step RF forward, Lock LF behind RF

Restart here on first part B

- 5 Step RF forward sweeping LF forward
6&7 Cross LF over RF, Step RF side, Cross LF behind RF sweeping RF back
8& Cross RF behind LF, Step LF side

Last Update: 18 May 2023
