

# A Good Heart

**COPPER** KNOB  
BY STEPHEN METZ

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Rob Fowler (ES)

Musik: A Good Heart - Feargal Sharkey



Choreographed for British Heart Foundation World Record Attempt. 2nd September 2001, Aintree Racecourse, Liverpool. Call 0151 236 6988 for more details

## WALK FORWARD, KICK WITH CLAP, DIAGONAL STEPS BACK & TOUCH

- 1-2 Step forward left, step forward right
- 3-4 Step forward left, kick right forward, clapping hands
- 5-6 Step right diagonally back right, touch left beside right with clap
- 7-8 Step left diagonally back left, touch right beside left with clap

## GRAPEVINE RIGHT, HIP BUMPS LEFT, HIP BUMPS RIGHT

- 9-10 Step right to right side, cross left behind right
- 11-12 Step right to right side, touch left beside right
- 13-14 Step left to left side, bumping hips left, bump hips left again
- 15-16 Bump hips to right side, bump hips right again

## GRAPEVINE ¼ TURN LEFT, BRUSH, HEEL, TOE, HEEL, HOOK, HEEL, STEP

- 17-18 Step left to left side, cross right behind left
- 19-20 Step left ¼ turn left, brush right foot forward
- 21-22 Touch right heel forward, touch right toe back
- 23& Touch right heel forward, hook right heel across left leg
- 24& Touch right heel forward, step right beside left

## HEEL, TOE, HEEL, HOOK, HEEL, TOUCH, LEFT & RIGHT SHUFFLE BACKS

- 25-26 Touch left heel forward, touch left toe back
- 27& Touch left heel forward, hook left heel across right leg
- 28 Touch left heel forward
- 29&30 Step back left, close right beside left, step back left
- 31&32 Step back right, close left beside right, step back right

## REPEAT