

Brainwave From My Heart

COPPER KNOB
STEPSHEETS

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: David Sinfield (UK)

Musik: Bottom Of My Heart - Ethan Allen



3 SHUFFLES FORWARD AND SYNCOPATED TURN

- 1&2 Step right forward, close left beside right, step right forward
3&4 Step left forward, close right beside left, step left forward
5&6 Step right forward, close left beside right, step right forward
7&8 Cross left over right, step back right, step left into ¼ turn left

3 SHUFFLES FORWARD AND SYNCOPATED TURN

- 9-16 Repeat steps 1-8

MAMBO STEPS X 4 STARTING RIGHT

- 17&18 Rock forward right, rock back left, step right in place
19&20 Rock forward left, rock back right, step left in place
21&22 Rock forward right, rock back left, step right in place
23&24 Rock forward left, rock back right, step left in place

HEEL AND TOE SWITCHES RIGHT & LEFT

- 25-26 Touch right heel forward, touch right toe back
27-28 Touch right heel forward, stomp right
29-30 Touch left heel forward, touch left toe back,
31-32 Touch left heel forward, stomp left

TOE TOUCHES, SIDE STEPS, CHASSE RIGHT, BACK ROCK

- 33-34 Touch right toe to right side, touch right beside left
35-36 Step right to right side, close left beside right
37&38 Step right to right side, close left beside right, step right to right side
39-40 Rock back left, rock forward right

TOE TOUCHES, SIDE STEPS, CHASSE LEFT, BACK ROCK

- 41-42 Touch left toe to left side, touch left beside right
43-44 Step left to left side, close right beside left side
45&46 Step left to left side, close right beside left, step left to left side
47-48 Rock back right, rock forward left

HEEL SWITCHES, CROSS TAP

- 49&-50& Touch right heel forward, step right in place, touch left heel forward, step left in place,
51-52 Touch right heel forward, cross touch right over left
53-56 Repeat steps 49-52

PADDLE TURNS, SAILOR STEP, BACK PIVOT ½ TURN

- 57-60 Step right into 1/8 of turn left, step right in 1/8 of turn left (you should have pivot ¼ turn left)
61&62 Cross right behind left, step left to place, step right in place
63-64 Touch left toe back, pivot back ½ turn left (keeping weight on left)

REPEAT