

# My Heart Starts Dancing

**COPPER** **NOB**  
BY STEPHEN

Count: 32

Wall: 4

Level: Intermediate NC

Choreographer: Tomas Ängshed (SWE) - December 2021

Music: I Love You More - Avery Anna



Intro: after 16 counts

**[1 - 9] Step fwd with sweep, cross, side, back with sweep, behind, 1/8 L, prissy walks RL, rock fwd, recover, 3/8 R, 1/2 R, 1/4 R**

- 1 2&3 Step RF fwd sweep LF, cross LF over RF, step RF to side, step LF back sweep RF  
4& Cross RF behind LF, turn 1/8 L step LF fwd to L diagonal (10.30)  
5 6 Walk RF fwd and slightly in front of LF, walk LF fwd and slightly in front of RF  
7 & Rock RF over LF, recover to RF  
8 & 1 Turn 3/8 R step RF fwd (3.00), turn 1/2 R step LF back (9.00), turn 1/4 R step RF to side (12.00)

**Restart here on wall 4**

**[10-17] Cross, 1/4 L, side, ball, step fwd, walk, rocking chair, 1/2 R with sweep**

- 2 3 Cross LF over RF, make a 1/4 hinge turn L stepping RF to side (9.00)  
4&5 6 Step LF to side, step RF next to LF, step LF fwd, step RF fwd  
7&8& Rock LF fwd, recover to RF, rock LF back, recover to RF  
1 Turn 1/2 R step LF back sweep RF back (3.00)

**[18-25] Rock back, recover, 3/4 L, side, cross, L basic, scissor step, ball, cross with sweep**

- 2 & 3 Rock RF back, recover to LF, step RF fwd, spiral turn 3/4 L (6.00)  
4 & Step LF to side, cross RF over LF  
5 6 & Step LF to side (big step), step RF behind LF, cross LF over RF  
7& Step RF to side, step LF next to RF  
8 & 1 Cross RF over LF, step LF next to RF Cross RF over LF sweep LF

**Restart here on wall 5**

**[26-32] Cross, 3/4 L, walk x3, back, 1/4 L lunge, 1/4 R, ball**

- 2 3 Cross LF over RF, step RF to side and make 3/4 spiral turn L (9.00)  
4 & 5 Step LF fwd, step RF fwd, step LF fwd hitch RF  
6 7 Step RF back, turn 1/4 L rock LF to side (6.00)  
8 & Recover to RF while turning 1/4 R (9.00), step LF next to RF

**(Turning option: recover to RF while turning 1/4 R (9.00), step LF fwd and make a full spiral turn to R)**

Contact: [sprallemannen@gmail.com](mailto:sprallemannen@gmail.com)