

# Heart of Steel

**COPPER** KNOB  
BY STEPHEN

**Count:** 40

**Wall:** 2

**Level:** Phrased Beginner / Improver

**Choreographer:** Mark Treacy (USA) - December 2021

**Music:** Heart of Steel (feat. Irma Thomas) - Galactic



## #40 count intro

**Sequence:** A - B - Special - A - B - Tag (12 Times) - B - A

### Pattern A: 8 counts (REPEAT FOUR TIMES)

#### A[1-8] PRETTY GIRL, 1/2 TURN CHA CHA

1-2-3-4            1) Side R; 2) Cross R over L; 3) Side L; 4) Cross L over R  
5-6-7&8           5) Side R; 6) Cross R over L; 7&8) Cha Cha 1/2 Turn L-R-L

### Pattern B: 32 counts

#### B[1-8] CHA CHA IN PLACE, WALK

1&2-3&4 1&      2) Cha Cha in Place R-L-R; 3&4) Cha Cha in Place L-R-L  
5-6-7-8           5) Walk R; 6) Walk L; 7) Walk R; 8) Walk L

#### B[9-16] CHA CHA BACK, STEP ROLL

1&2-3&4 1&      2) Cha Cha back R-L-R; 3&4) Cha Cha back L-R-L  
5&6-7&8 5&      6) Step fwd R and Roll Hips; 7&8) Roll Hips

#### B[17-24] CHA CHA IN PLACE, WALK

1&2-3&4 1&      2) Cha Cha in Place R-L-R; 3&4) Cha Cha in Place L-R-L  
5-6-7-8           5) Walk R; 6) Walk L; 7) Walk R; 8) Walk L

#### B[25-32] CHA CHA BACK, WALK BACK, ROCK EASY 1/2 TURN

1&2-3&4 1&      2) Cha Cha back R-L-R; 3&4) Cha Cha back L-R-L  
5&6-7-8           5) Walk back R; 6) Walk back L; 7) Step back R; 8) Reverse 1/2 Turn

### Special (Giddy Up/Ride):

#### GIDDY UP/RIDE [6:00]

1&2&3&4&        ) Ride Your Horse Giddy Up on R (R-L-R-L-R-L-R-L)  
1&2&3&4&  
5&6&7 8 5&6&    7) Ride Your Horse Giddy Up (R-L-R-L-R); 8) Hold

### Tag (Deep Down Inside) REPEAT 12 TIMES, Optional: Close Your Eyes\*

\*Remember to Open Your Eyes

#### 1/4 TURN CHA CHA IN PLACE, CHA CHA IN PLACE

1&2-3&4           Turn 1/4 Right 1&2) Cha Cha in Place R-L-R; 3&4) Cha Cha in Place L-R-L