

# This Old Heart Of Mine

**COPPER** KNOB  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Anita Ludlow (UK)

**Music:** This Old Heart of Mine - The Isley Brothers



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## **CROSS, STEP, SAILOR SHUFFLE TWICE**

- 1-2 Cross right over left, step left to left side  
3&4 Cross right behind left, step on ball of left to left side, step right in place  
5-6-7&8 Repeat, reversing footwork

## **2X SAILOR SHUFFLES, GRAPEVINE WITH 1-¼ TURNS**

- 1&2 Sweep right behind left, step on ball of left to left side, step right in place  
3&4 Sweep left behind right, step on ball of right to right side, step left in place  
5-6 Step right to right side, qtr turn right as you step left behind right  
7-8 Step forward on right & swivel half turn right, step forward on left & swivel half turn right

## **SYNCOPATED WALKS FORWARD**

- 1-2 Step forward on right, hold for one count  
&3-4 Step left closely behind right on '&' count. Step forward on right, hold for one count  
5-6&7-8 Repeat, reversing footwork

## **STEP, STEP, CIRCLE HIPS. SQUAT RECOVER TWICE**

- 1-2 Step forward right, step forward left  
3-4 Circle hips over two counts to the left  
5 Take right to right side & squat with hands resting on thighs  
6 Recover standing position by bringing left leg next to right & clap  
7 Take right to right side & squat with hands resting on thighs  
8 Recover standing position by bringing left leg next to right & clap

**REPEAT**

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