

Heartland Twirl (P)

COPPERKNOB
BYEPOSTETS

Count: 76

Wall: 0

Level: Partner

Choreographer: Sandy Nelson

Music: All Shook Up - Billy Joel



Position: Start In Side By Side Position Facing Down Line Of Dance

BOTH

- 1-2-3 Left vine diagonally back
4 Right toe touch next to left foot
5-6-7 Right diagonally forward finishing with $\frac{1}{4}$ turn to the right (to the right) facing outside LOD
8 Left toe touch next to right foot

Keep hands joined, hands should be left over right after ladies turn to face partner

- 9-10-11 **MAN:** Step in place left-right-left
LADY: Step left-right-left making $\frac{1}{2}$ turn right
12 **MAN:** Right toe touch to right side
LADY: Right toe touch to right side

Keep hands joined, bring hands over lady's head on pivot, passing right shoulder to right shoulder

- 13-14 **MAN:** Step forward right-left
LADY: Step forward right-left
15 **MAN:** Right foot step & pivot $\frac{1}{2}$ turn right
LADY: Right foot step & pivot $\frac{1}{2}$ turn left
16 **MAN:** Left toe touch to left side
LADY: Left toe touch to left side

Keep hands joined, bring hands over lady's head on pivot, passing left shoulder to left shoulder

- 17-18 **MAN:** Step forward left-right
LADY: Step forward left-right
19 **MAN:** Left foot step & pivot $\frac{1}{2}$ turn left
LADY: Left foot step & pivot $\frac{1}{2}$ turn right
20 **MAN:** Right toe touch to right side
LADY: Right toe touch to right side

Keep hands joined, bring hands over man's head on $\frac{1}{4}$ turn left as lady passes behind man

- 21-22 **MAN:** Step forward right-left
LADY: Step forward right-left
23 **MAN:** Right foot step $\frac{1}{4}$ turn left
LADY: Right foot step $\frac{1}{4}$ turn right
24 **MAN:** Left toe touch to left side
LADY: Left toe touch to left side

Keep hands joined, raise right hands & keep left hands low, lady's full turn passing in front of man into side by side position

- 25-26-27 **MAN:** Left vine
LADY: Left rolling vine full turn to the right
28 **MAN:** Right toe touch to right side
LADY: Right toe touch to right side

- 29-30-31 **MAN:** Right sailor shuffle (right-left-right)
LADY: Right sailor shuffle (right-left-right)

- 32 **MAN:** Hold
LADY: Hold

- 33 **MAN:** Left foot step behind right foot
LADY: Left foot step behind right foot

34 **MAN:** Hold
LADY: Hold

35 **MAN:** Right foot step to right side
LADY: Right foot step to right side

36 **MAN:** Hold
LADY: Hold

37-38-39 **MAN:** Left sailor shuffle (left-right-left)
LADY: Left sailor shuffle (left-right-left)

40 **MAN:** Hold
LADY: Hold

41 **MAN:** Right foot step behind left foot
LADY: Right foot step behind left foot

42 **MAN:** Hold
LADY: Hold

43 **MAN:** Left foot touch next to right foot
LADY: Left foot step next to right foot

44 **MAN:** Hold
LADY: Hold

Drop right hands on shuffles and end with inside hands joined, lady's left in man's right hand

45-46-47 **MAN:** Left shuffle forward (left-right-left)
LADY: Right shuffle forward (right-left-right)

48 **MAN:** Hold
LADY: Hold

49-50-51 **MAN:** Right shuffle forward (right-left-right)
LADY: Left shuffle forward (left-right-left)

52 **MAN:** Hold
LADY: Hold

53 **MAN:** Left foot step $\frac{1}{4}$ turn right & lean to left
LADY: Right foot step $\frac{1}{4}$ turn left & lean to right

54 **MAN:** Hold
LADY: Hold

55 **MAN:** Shift weight back to right foot
LADY: Shift weight back to left foot

56 **MAN:** Hold
LADY: Hold

57 **MAN:** Shift weight to left foot
LADY: Shift weight to right foot

58 **MAN:** Hold
LADY: Hold

59 **MAN:** Shift weight back to right foot
LADY: Shift weight back to left foot

60 **MAN:** Hold
LADY: Hold

Keep inside hands joined straight down, shoulders touching as you turn back to back

61 **MAN:** Left foot step $\frac{1}{2}$ turn left & lean to left
LADY: Right foot step $\frac{1}{2}$ turn right & lean to right

62 **MAN:** Hold
LADY: Hold

63 **MAN:** Shift weight back to right foot
LADY: Shift weight back to left foot

64 **MAN:** Hold
LADY: Hold

65 **MAN:** Shift weight to left foot
 LADY: Shift weight to right foot

66 **MAN:** Hold
 LADY: Hold

67 **MAN:** Right foot step $\frac{1}{4}$ turn to face down LOD
 LADY: Left foot step $\frac{1}{4}$ turn to face down LOD

68 **MAN:** Hold
 LADY: Hold

69 **MAN:** Left foot step forward
 LADY: Right foot step forward

70 **MAN:** Hold
 LADY: Hold

71 **MAN:** Right foot step forward
 LADY: Left foot step forward

72 **MAN:** Hold
 LADY: Hold

73 **MAN:** Left foot touch next to right foot
 LADY: Right foot step next to left foot

74 **MAN:** Hold
 LADY: Hold

Rejoin hands in side by side position

75 **MAN:** Left foot kick forward @ 45 degree angle
 LADY: Left foot kick forward @ 45 degree angle

76 **MAN:** Hold
 LADY: Hold

REPEAT
