

# Hole In My Heart

COPPER KNOB  
BY STEPHEN HETS

拍数: 48      墙数: 4      级数: Intermediate waltz  
编舞者: Nathan Gardiner (SCO) - September 2015  
音乐: Hole in My Heart - Luke Friend



**Intro: 24 counts start on vocals - No Tags or Restarts**

**(1-12) STEP FORWARD, SWEEP, STEP FORWARD, SWEEP, STEP FORWARD, SWEEP, CROSS ROCK, SIDE**

1-2-3      Step forward on left, Sweep right from behind to front for 2 counts  
4-5-6      Cross step right over left slightly, Sweep left from behind to front for 2 counts  
1-2-3      Cross step left over left slightly, Sweep right from behind to front for 2 counts  
4-5-6      Cross rock right over left, Recover on left, Step right to right side

**(13-24) CROSS UNWIND FULL TURN RIGHT, STEP RIGHT, POINT, 1/4 LEFT, 1/2 LEFT, 1/4 LEFT, 3/4 LEFT, 1/4 LEFT, CROSS**

1-2-3      Cross step left over right, Unwind full turn right hitching right knee up for 2 counts  
4-5-6      Step right to right side, Point left toes to left side, HOLD  
1-2-3      Turn 1/4 left stepping forward on left, Turn 1/2 left stepping back on right, Turn 1/4 left stepping left to left side  
4-5-6      Turn 3/4 left stepping back on right, Turn 1/4 left stepping left to left side, Cross step right over left

**Easy option: Cross shuffle**

**(25-36) SWAY LEFT, SWAY RIGHT, SWAY LEFT, RECOVER 1/4 RIGHT WITH SWEEP**

1-2-3      Step left to left side swaying hips to left side for 2 counts  
4-5-6      Step right to right side swaying hips to left side for 2 counts  
1-2-3      Step left to left side swaying hips to left side for 2 counts  
4-5-6      Recover on right turning 1/4 right, Sweep left from behind to front for 2 counts

**(37-48) LEFT TWINKLE, RIGHT TWINKLE, ROCK FORWARD, RECOVER**

1-2-3      Cross step left over right, Step right to right side, Step left next to right (slightly travelling forward)  
4-5-6      Cross step right over left, Step left to left side, Step right next to left (slightly travelling forward)  
1-2-3      Rock forward on left, Hold for 2 counts  
4-5-6      Recover on right, Hook left across right for 2 counts

**Contact: [nathan.gardiner1998@hotmail.co.uk](mailto:nathan.gardiner1998@hotmail.co.uk)**