

# Second Hand Heart

COPPERKNOB  
STEP SHEETS

拍数: 32      墙数: 4      级数: Low Intermediate  
编舞者: Taren Gaia (SA) - February 2016  
音乐: Second Hand Heart (feat. Kelly Clarkson) - Ben Haenow



**Intro: 8 count, start with vocals. Restart on wall 3 after 16 counts**

**[1-8] □ □ Extended apple jack, toe touch, heel touch, rock recover**

1-2            Step RF over LF, step LF to L side  
3&4           Step RF behind LF, step LF to RF, dig R Heel to R diagonal (1:30)  
&5&6         Step RF fwd, touch L toe behind R heel, step LF back, dig R Heel to R diagonal  
7-8            Rock fwd on RF, recover weight onto LF

**[9-16] □ □ 1/2 chasse, 1/8 chasse, 2 x sailor steps**

1&2            Making a 1/2 turn R, step RF to R side, step LF to RF, step RF fwd (7:30)  
3&4            Making 1/8 turn R, step LF to L side, step RF to LF, step LF to L side (9:00)  
5&6            Step RF behind LF, rock LF to L side, recover weight onto RF  
7&8            Step LF behind RF, rock RF to R side, recover weight onto LF

**[17-24] □ □ Kick, L side touch, R touch, L side touch, weave, side step, 1/4 turn**

1&2&          Kick RF fwd, step RF to LF, Touch L toe to L side, Step LF to RF  
3&4            Touch R toe to LF, step RF to LF, Touch L toe to L side  
5&6            Step LF behind RF, step RF to R side, Step LF over RF  
7-8            Step RF to R side, turn 1/4 L (6:00) transfer weight to LF

**[25-32] □ □ Fwd chasse, 3/4 turn, extended apple jack**

1&2            Step RF fwd, step LF behind RF, step RF fwd  
3-4            Making a 3/4 turn R step back on LF, step RF to R side (3:00)  
5-6            Step LF over RF, step RF to R side  
7&8            Step LF behind RF, step RF to LF, dig L Heel to L diagonal (1:30)  
&              Step LF to RF

**Repeat**

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Please do not alter the step sheet without notifying the choreographer first.

Last Update - 28th Oct 2016