

# My Heart Told Me So

**COPPER** **NOB**  
BYEPOHNETS

拍数: 32      墙数: 4      级数: Easy Intermediate  
编舞者: Rob Pointer (AUS) - February 2016  
音乐: Love At the End of the Road - Kevin Sharp : (Album: Man of Measure - iTunes - 3:49)



---

**INTRO: 20 COUNT. START ON VOCALS (BPM 104) 2 RESTARTS.  
START POSITION: FEET TOGETHER – WEIGHT ON LEFT.**

**SKATE, SKATE, SHUFFLE FORWARD, FORWARD ROCK, TOUCH UNWIND. (6:00)**

1 - 2            Skate R, Skate L.  
3 & 4           Step R forward, step L next to R, step R forward.  
5 - 6           Step L forward, rock back onto R.  
7 - 8           Touch L toe back, unwind ½ turn L. (weight on L).

**CROSS, SIDE, BACK ROCK, ## SIDE BEHIND, SIDE SHUFFLE. (6:00)**

1 - 2            Cross R over L, step L to L side.  
3 - 4            ## Step back on R, rock fwd onto L. ##  
5 - 6            Step R to R side, step L behind R.  
7 & 8           Step R to R side, step L next to R, step R to R side.

**CROSS, ¼, ½, STEP FORWARD, FORWARD ROCK, ½ TURN SHUFFLE. (3:00)**

1 - 2            Cross L over R, ¼ turn left stepping back on R.  
3 - 4            ½ turn left stepping forward on L, step R forward. (9:00)  
5 - 6            Step L forward, rock back onto R.  
7 & 8            ½ turn shuffle left. (LRL) (3:00)

**¼ SIDE ROCK, SAILOR STEP, BEHIND, ¼, STEP FORWARD, FULL TURN LEFT. (3:00)**

1 - 2            Turn ¼ left stepping R to R side, rock onto L. (12:00)  
3 & 4            Step R behind L, step L to L side, step R to R side.  
5 & 6            Step L behind R, step R ¼ turn R, step L forward.  
7 - 8            Step forward on R turning ½ turn Left, Step back onto L turning ½ turn Left.

**RESTART 1: On wall 5 (front) dance to count 12 ## then Restart dance facing (6:00)**

**RESTART 2: On wall 9 (3:00) dance to count 12 ## then Restart dance facing (9:00)**

Contacts: Rob 0408 054 683 [rpointer@bigpond.com](mailto:rpointer@bigpond.com)

Last Update - 24th Feb. 2016

---