

# My Second Hand Heart

COPPER KNOB  
BY STEPHEN GELL

拍数: 32      墙数: 4      级数: Improver  
编舞者: Stephen Gell (UK) - March 2016  
音乐: Second Hand Heart (feat. Kelly Clarkson) - Ben Haenow : (iTunes and Amazon UK)



Intro: 8 Count Intro.

Restarts Wall 3: Wall 3 Starts Facing 6.00  
Dance 16 Counts And Restart From The Beginning Of The Dance Facing 12.00.

## Left Diagonal Shuffle, Right Diagonal Shuffle, Rock, Recover, left Coaster Step

1 – 3      Step forward left, Lock right behind left, Step forward left  
4 & 5      Step forward right, Lock left behind right, Step forward right  
6 – 7      Rock forward left, Recover right  
8 & 1      Step back left, Step right next to left, Step forward left (12.00)

## Step Pivot Step, Step Forward, Touch Back, Step Pivot Step

2 & 3      Step forward right forward, Make ½ turn left, Step forward right  
4 & 5      Step forward left, Touch right toe back, Make ½ turn right on right foot (12.00)  
6 – 8      Step left forward, Make ½ right, Step forward left (6.00)

Restarts Wall 3: Wall 3 Starts Facing 6.00 Dance 16 Counts And Restart From The Beginning Of The Dance Facing 12.00

## Side Shuffle, Rock, Recover, Left Kick & Cross, ¼ Shuffle RIGHT

1 & 2      Step right to right side, Step left next right, Step right to right side  
3 – 4      Rock back on left, Recover on right  
5 & 6      Kick left to left diagonal, Step left in place, Cross right over left  
7 & 8      Make ¼ Shuffle RIGHT- Stepping left, right, left (9.00)

## Rock, Recover, Right Kick Ball Change, Full Turn Traveling Forward Turning Left, Sway Right, Left, Right

1 – 2      Rock back on right, Recover on left  
3 & 4      Kick right foot forward, Step right next to left, Step left in place  
5 – 6      Make ½ turn left stepping back on right, Make ½ turn left stepping forward on left

### \*Option: 5 – 6 Walk right, Walk left

7 & 8      Sway Right, Left, Right (weight on right foot 9.00)

Contact: [steveg\\_star@hotmail.co.uk](mailto:steveg_star@hotmail.co.uk)

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