

Restless Heart

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Dirk Leibing (DE) & Gudrun Schneider (DE) - March 2016
音乐: Restless Heart - Niila



Intro : 32 counts

(1) Side, Behind, Chasse ¼ Turn, Rock Step, Tripple ½ Turn

1-2 Step RF right(1), Cross LF behind RF(2)
3&4 Step RF right(3), Close LF next to RF(&), Turn ¼ right stepping RF forward(4)(3:00)
5-6 Rock LF forward(5), Recover on RF(6)
7&8 Turn ¼ left stepping LF left(7), Close RF next to LF(&), Turn ¼ left stepping LF forward(8)(9:00)

(2) Step, Sweep, Step, Sweep, Jazz Box

1-2 Step RF forward(1), Sweep LF from back to front(2)
3-4 Step LF forward(3), Sweep RF from back to front(4)
5-6 Cross RF over LF(5), Step LF back(6)
7-8 Step RF right(7), Cross LF over RF(8)

(3) Chasse, Rock Step(2x)

1&2 Step RF right(1), Close LF next to RF(&), Step RF right(2)
3-4 Rock LF back(3), Recover on RF(4)
5&6 Step LF left(5), Close RF next to LF(&), Step LF left(6)
7-8 Rock RF back(7), Recover on LF

(4) Turn ¼, Turn ½, Shuffle, Rocking Chair

1-2 Turn ¼ left stepping RF back(1), Turn ½ left stepping LF forward(2)(12:00)
3&4 Step RF forward(3), Close LF next to RF(&), Step RF forward(4)
5-6 Rock LF forward(5), Recover on RF(6)
7-8 Rock LF back(5), Recover on RF(6)

Tag here in wall 3, replace count 32 with a right touch next to LF, Restart after the tag

(5) Side Rock, Cross Shuffle, Point, Hitch, Point, ¼ Turn

1-2 Step LF left(1), Recover on RF(2)
3&4 Cross LF over RF(3), Step RF to right(&), Cross LF over RF(4)
5-6 Point RF to right(5), hitch RF(6)
7-8 Point RF right(7), Turn ¼ right on both balls- weight is still on LF(8)(3:00)

(6) Back Rock, Tripple ½ Turn, ¼ Turn, Back Rock

1-2 Step RF back(1), Recover on LF(2)
3&4 Turn ¼ left stepping RF right(3), Close LF next to RF(&), Turn ¼ stepping RF back(4)(9:00)
5-6 Turn ¼ left stepping LF left(5), Step RF to right(6)(6:00)
7-8 Step LF back(7), Recover on RF(8)

(7) Side, Touch, Side, Hold & Side, Cross, Kick Ball Cross

1-2 Step LF left(1), Touch RF next to LF(2)
3-4 Step RF right(3), Hold(4)
&5-6 Step LF next to RF(&), Step RF right(5), Cross LF over RF(6)
7&8 Kick RF diagonal forward(7), Close RF next to LF, Cross LF over RF

(8) Side, ¼ Turn, Shuffle, Step, ½ Turn, Back Rock

1-2 Step RF right(1), Turn ¼ left stepping LF left(2)(3:00)

3&4 Step RF forward(3), Close LF next to RF(&), Step RF forward(4)
5-6 Step LF forward(5), ½ Turn right on both balls(6)(9:00)
7-8 Rock RF back(7), recover on LF(8)

**Tag after wall 1 and after 32 counts off wall 3, in wall 3 replace count 32 with a right touch next to LF
(Tag) Sway RLRL while doing a ½ Turn left**

1-2 Sway right weight on RF, Drag LF to RF
3-4 Turn 1/4 left & Sway left, Drag RF to LF
5-6 Sway right weight on RF, Drag LF to RF
7-8 Turn 1/4 left & Sway left, Drag RF to LF

Start again - Have Fun

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