

Heavy on My Heart! (牽心萬苦) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 34 墙数: 2 级数: Advanced - Nightclub
编舞者: Niels Poulsen (DK) - 2012年07月
音乐: Heavy On My Heart - Anastacia : (iTunes - 4:29)



- 第一段** **Cross side rock, cross side rock, cross ¼ R ½ R with sweep, back twinkle, cross rock**
- 1&2 Cross R over L (1), rock L to L side (&), recover weight to R (2) 12:00
右足於左足前交叉踏(1), 左足左下沉(&), 右足回復(2) (面向12點鐘)
- &3& Cross L over R (&), rock R to R side (3), recover weight to L (&) 12:00
左足於右足前交叉下沉(&), 右足右下沉(3), 左足回復(&) (面向12點鐘)
- 4&5 Cross R over L (4), turn ¼ R stepping L back (&), turn ½ R stepping R fw sweeping L fw (5) 9:00
右足於左足前交叉踏(4), 右轉90度左足後踏(&), 右轉180度右足前踏左足繞向前(5) (面向9點鐘)
- 6&7 Cross L over R (6), step back on R (&), step back on L opening body slightly to L side (7) 9:00
左足於右足前交叉踏(6), 右足後踏(&), 左足後踏身體略向(7) (面向9點鐘)
- 8& Cross rock R over L (8), recover weight on L (&) 9:00
右足於左足前交叉下沉(8), 左足回復(&) (面向9點鐘)
- 第二段** **R basic, side behind sweep, behind ¼ R point L, lunge, ¼ R sweep, cross, ¼ R, ½ R sweep**
- 1&2 Step R a big step to R side (1), step L behind R (&), cross R over L (2) 9:00
右足右一大步(1), 左足於右足後交叉踏(&), 右足於左足前交叉踏(2) (面向9點鐘)
- &3 Step L to L side (&), cross R behind L sweeping L out to L side (3) 9:00
左足左踏(&), 右足於左足後交叉踏左足繞至後(3) (面向9點鐘)
- 4&5 Cross L behind R (4), turn ¼ R stepping R fw (&), point L to L turning upper-body slightly R (5) 12:00
左足於右足後交叉踏(4), 右轉90度右足前踏(&), 左足左點上半身略轉向右(面向12點鐘)
- 6 – 7 Lunge L to L turning upper-body slightly L (6), turn ¼ R stepping onto R with L sweep fw (7) 3:00
左足左跨一大步身體略轉向(8), 右轉90度右足踏左足繞向前(7) (面向3點鐘)
- 8&1 Cross L over R (8), turn ¼ L stepping R back (&), turn ½ L stepping L fw with R sweep fw (1) 6:00
左足於右足前交叉踏(8), 左轉90度右足後踏(&), 左轉180度左足前踏右足繞向前(1) (面向6點鐘)
- 第三段** **R rock into back steps with R & L sweep, behind side point, roll 1 ¼ L, step R fw**
- 2&3 Rock R fw (2), recover on L sweeping R to R side (&), step R back sweeping L to L side (3) 6:00
右足前下沉(2), 左足回復右足繞向後(&), 右足後踏左足繞向後(3) (面向6點鐘)
- 4&5 Cross L behind R (4), step R to R (&), point L to L prepping upper-body slightly to R side (5) 6:00
左足於右足後交叉踏(4), 右足右踏(&), 左足左點上半身略轉向右(5) (面向6點鐘)
- 6&7 Turn ¼ L stepping fw on L (6), turn ½ L stepping back on R (&), turn ½ L stepping fw on L (7) 3:00
左轉90度左足前踏(6), 左轉180度右足後踏(&), 左轉180度左足前踏(7) (面向3點鐘)
- 8 Step fw on R (8) 3:00 右足前踏(8) (面向3點鐘)
- 第四段** **½ L, reverse ¾ R sweep, cross rock side X 2, cross, ¼ L, ½ L into ¼ sweep, cross side**
- 1–2 Turn ½ L stepping L fw prepping upper-body slightly L (1), turn ½ R onto R sweeping L a ¼ R (2) 6:00
左轉180度左足前踏上半身略轉向左(1), 右轉180度重心在右足, 左足繞向前並右轉90度(2) (面向6點鐘)
- 3&4 Cross rock L over R (3), recover weight back on R (&), step L a small step to L side (4) 6:00
左足於右足前交叉下沉(3), 右足回復, 左足略左踏(4) (面向6點鐘)
- &5& Cross rock R over L (&), recover weight back on L (5), step R a small step to R side (&) 6:00
右足於左足前交叉踏(&), 左足回復(5), 右足略右踏(&) (面向6點鐘)
- 6&7 Cross L over R (6), turn ¼ L stepping R back (&), turn ½ L stepping L fw and sweeping R a ¼ L (7) 6:00
左足於右足前交叉踏(6), 左轉90度右足後踏(&), 左轉180度左足前踏右足繞向前並左轉90度(7) (面向6點鐘)
- 8& Cross R over L (8), step L to L side (&) 6:00
右足於左足前交叉踏(8), 左足左踏(&) (面向6點鐘)
- 第五段** **Cross, side**

1-2 Cross R over L (1), step L to L side (2) 6:00
右足於左足前交叉踏(1), 左足左踏(2) (面向6點鐘)

2 TAGS - There's a 4 count tag after wall 1 (facing 6:00) and an 8 count tag after wall 6 (facing 12:00):
第一面牆(面向6點鐘)有個4拍加拍, 第六面牆(面向12點鐘)有個8拍加拍

Tag 1 Cross rock, recover, side R, cross rock, recover, side L

1-2& Cross rock R over L (1), recover weight back on L (2), step R small step to R side (&) 6:00
右足於左足前交叉下沉(1), 左足回復(2), 右足略右踏(&) (面向6點鐘)

3-4& Cross rock L over R (3), recover weight back on R, (4), step L a small step to L side (&) 6:00
左足於右足前交叉下沉(3), 右足回復(4), 左足略左踏(&) (面向6點鐘)

Tag 2 Cross, L side rock cross, ¼ L X 2, cross, L side rock cross, ¼ L X 2

1 Cross R over L (1) 右足於左足前交叉踏(1)

2&3 Rock L to L side (2), recover on R (&), cross L over R (3) 12:00
左足左下沉(2), 右足回復(&), 左足於右足前交叉踏(3) (面向12點鐘)

4&5 Turn ¼ L stepping back on R (4), turn ¼ L stepping L to L side (&), cross R over L (5) 6:00
左轉90度右足後踏(4), 左轉90度左足左踏(&), 右足於左足前交叉踏(5) (面向6點鐘)

6&7 Rock L to L side (6), recover on R (&), cross L over R (7) 6:00
左足左下沉(6), 右足回復(&), 左足於右足前交叉踏(7) (面向6點鐘)

8& Turn ¼ L stepping back on R (8), turn ¼ L stepping L to L side (&) 12:00
左轉90度右足後踏(8), 左轉90度左足左踏(&) (面向12點鐘)

1 restart: On wall 5, after 32 counts, facing 6:00

第五面牆, 跳完32拍, 面向6點鐘時, 從頭起跳

FINISH You will automatically end facing 12:00. Complete your 8th wall and you're there. 12:00 第八面牆跳完, 會剛好面向12點鐘做結束
