

# Heavy Hearts

**COPPER** KNOB  
BY STEPHEN

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Maddison Glover (AUS) - July 2013  
音乐: Let Me Down Easy - Sheppard



Start dancing on lyrics

## S1: SIDE, TOUCH, SIDE TOUCH, SIDE, TOUCH FORWARD, TOUCH SIDE, STEP BEHIND

1-4      Step right side, touch left together, step left side, touch right together  
5-8      Step right side, touch left forward, touch left side, cross left behind

## S2: SIDE, ROCK, BEHIND, SIDE, TRAVELING HEEL GRIND, BEHIND, ¼ TURN

1-4      Rock right side, recover to left, cross right behind, step left side  
5-8      Cross right heel over (toe turned in), step left side (right toe turned out), cross right behind, turn ¼ left and step left forward

## S3: ROCKING CHAIR, STEP ½, STEP ¼

1-4      Rock right forward, recover to left, rock right back, recover to left  
5-8      Step right forward, turn ½ left (weight to left), step right forward, turn ¼ left (weight to left) (12:00)

## S4: FRONT, SIDE, BEHIND, POINT, BEHIND, ¼, FORWARD, SCUFF

1-4      Cross right over, step left side, cross right behind, sweep left front to back  
5-8      Cross left behind, turn ¼ right and step right forward, step left forward, brush right forward (3:00)

## S5: SIDE, TOE/HEEL, BACK, ROCK, SIDE, REPLACE, BACK, ROCK

1-4      Step right toe side, lower right heel, rock left back, recover to right  
5-8      Rock left side, recover to right, rock left back, recover to right

## S6: SIDE, TOE/HEEL, BACK, ROCK, SIDE, BEHIND, ¼, FORWARD

1-4      Step left toe side, lower left heel, rock right back, recover to left  
5-8      Step right side, cross left behind, turn ¼ right and step right forward, step left forward (6:00)

## S7: DIAGONAL TOUCH, DIAGONAL TOUCH, SIDE, TOGETHER, BACK, KICK

1-4      Step right diagonally forward, touch left together, step left diagonally back, touch right together  
5-8      Step right side, step left together, step right back, kick left forward

## S8: BACK, ROCK, ¾ STEP LOCKS

1-4      Rock left back, recover to right, turn ¼ left and step left forward, lock right behind  
5-8      Turn ¼ left and step left forward, lock right behind, turn ¼ left and step left forward, brush right forward

REPEAT

RESTARTS:-

Restart after count 16 on wall 2

Restart after count 32 on wall 7