

# Tell Your Heart To Beat Again

COPPER KNOB  
BY STEPHEN BRETZ

拍数: 32      墙数: 2      级数: Intermediate NC  
编舞者: Jo Kinser (UK), Jonas Dahlgren (SWE) & Michael Barr (USA) - December 2016  
音乐: Tell Your Heart to Beat Again - Danny Gokey : (CD: Hope In Front Of Me - iTunes or Amazon)



Lead: 16 cts.

## [1-8] □ Cross Sweep, Cross Step ¼ L, Step Back, ¼ L, ¼ L, ¼ Sway, Sway, Step Side, Rock, Return

- 1 2&      Step R in front of L sweeping your L from back to front; Step L in front of R; Turn ¼ left stepping back on R  
3 4&      Step L back; Turn ¼ left stepping your R behind your L; Turn ¼ left stepping your L forward  
5 - 6      Turn ¼ left stepping your R side right into a swaying motion; Sway to your left (weight L)  
7 8&      Step R side right; Rock back onto your L; Return onto your R (12:00)

## [9-16] □ Full Spiral Turn, 2 Steps Forward (diag.) Lunge, Return, Back, Side, Cross, ¼ R, ¼ R, Cross, Side

- 1 2&      Step forward on ball of L turning full turn right to left diag. (11 o'clock); Step R forward; Step L forward  
3 4&      Lunge (rock) forward onto your R (weight over R knee); Step L back; Step R back crossing slightly behind  
5 6&      Step L side right (open slightly to left diagonal); Step R in front of L; Turn ¼ right stepping back on L  
7 8&      Turn and sweep L ¼ right stepping R side right; Cross L in front of R; Step R side right (3:00)

## [17-24] □ Cross/Sweep, Cross, Side, Back, Rock, Return ½ R, Back, Rock, Return, Full Spiral, Step, Step

- 1 2&      Cross L in front of R as you sweep your R from back to front; Step R in front of L; Step L side left  
3 4&      Step R back to face right diagonal (4:30); Rock back on your L; Return onto your R as you pivot ½ turn right  
5 6&      Step back onto your L; Rock back onto you R; Return weight to your L  
7 8&      Step R slightly forward into a full spiral left turn; Small step L forward; Small step R forward (11:00)

## [25-32] □ ½ Turn, Rock, Return, Back, Back, Side, Sway Return, Behind, Side

- 1 2&      Turn ½ left onto your L; Rock forward on R to left diagonal; Return onto L in place (4:30)  
3 4&      Step back on your R; Step back on your L; Step R side right (square up and open hips slightly to right)  
5 - 6      Step L in front of R; Sway R stepping R side right  
7 8&      Return weight to L (pull right hip slightly back on diag. 7:30); Step R behind L; Step L side left (6:00)

Begin Again!

## Tag #1 □ End of wall 2 there is an 8-count tag (1-8&). It starts on the front wall and ends on the front wall □ Cross, Side, Lean/Look Left, Full Turn Right, Serpentine Weave

- 1, 2, 3      Cross R in front of L; Step L side left; Shift upper body to lean left, look left and swing both arms to the left  
4 & 5      Turn ¼ right onto R; Turn ½ right stepping back on L; Turn ¼ right stepping R side right (12:00)  
6 & 7      Cross L in front of R; Step R side right; Step L behind R as you sweep your R from front to back  
8 &      Step R behind L; Step L side left (&) Begin the dance at this point!

## Tag #2 □ End of wall 4 there is a 4-count tag (1-4&). It starts on the front wall and ends on the front wall □

### **Serpentine Weave**

- 1, 2&            Step R in front of left sweeping your left from back to front; Step L in front of R; Step R side right
- 3, 4&            Step L behind R as you sweep your R from front to back; Step R behind L; Step L side left (&) Begin here!

**Ending: Dance the last 8 & cts. on the back wall. Turn ½ left stepping R side right facing front on count 1 of the 8&1.**

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