

# Heavy Heart

COPPER KNOB  
STYLEDANCE

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Lee Hamilton (SCO) & Stephen & Lesley McKenna (SCO) - May 2017  
音乐: Frames - Lee DeWyze : (iTunes)



## Intro: 32 Counts

### [Section 1] R shuffle fwd, L fwd, ¼ R pivot turn, cross L, ¼ L stepping R back, L coaster step

1 & 2      Step R fwd, close L beside R, step R forward □□□□(12:00)  
3 4      Step L fwd, pivot ¼ R □□□□ □□□□(03:00)  
5 6      Cross L over R, make a ¼ L by stepping R back □□□ □(12:00)  
7 & 8      Step L back, close R beside L, step L fwd□□□□□(12:00)

### [Section 2] R fwd, L hitch, L coaster step, ¼ L stepping R side, hold, ball side, L touch

1 2      Step R fwd, hitch L knee□□□□□□□(12:00)  
3 & 4      Step L back, close R beside L, step L fwd□□□□□(12:00)  
5 6      Make a ¼ L by stepping R to right side, hold□□□□□(09:00)  
& 7 8      Step ball of left beside right, step R to right side, touch L beside right□(09:00)

### [Section 3] ¼ L stepping L fwd, ¼ L stepping R side, L behind, ball cross, R side rock, together, switch toes L & R

1 2      Make a ¼ L by stepping L fwd, Make a ¼ L by stepping R to right side□(03:00)  
3 & 4      Cross L behind R, step R to right side, cross L over R□□□□(03:00)  
5 6 &      Rock R to right side, recover, close R beside L□□□□(03:00)  
7 & 8      Point L toe to left side, close L beside R, point R toe to right side□□(03:00)

### [Section 4] R sailor, ¼ Sailor Left, R jazz box, L shuffle fwd

1 & 2      Step R foot behind L, step L to left side, recover onto R□□□(03:00)  
3 & 4      Cross L ¼ left behind R, small step R to right side, recover onto L□□□(12:00)  
5 6 7      Cross R over L, step L back, step R to right side□□□□(12:00)  
8 & 1      Step L fwd, close R beside L, step L forward□□□□□(12:00)

### [Section 5] R rock fwd, 1/2 shuffle R, ¼ R stepping L side, R kick, R out, L out, ball cross L

2 3      Rock R fwd, recover onto L□□□□□□□(12:00)  
4 & 5      Step R ¼ right, step L beside R, step R ¼ right fwd□□□□(06:00)  
6 7      Make a ¼ R by stepping L to left side, kick R fwd□□□□(09:00)  
& 8 & 1      Step R to right side, step L to left side, close R beside L, cross L over R□(09:00)

### [Section 6] Hold, R out, L out, ball cross L, R chasse, L sailor

2      Hold□□□□□□□□□(09:00)  
& 3 & 4      Step R to right side, step L to left side, close R beside L, cross L over R□(09:00)  
5 & 6      Step R to right side, step L beside right, step R to right side□□□(09:00)  
7 & 8      Step L foot behind R, step R to right side, recover onto L□□□(09:00)

### [Section 7] R cross shuffle, back shuffle ¼ R, 1/2 shuffle R, L mambo

1 & 2      Cross R over left, step L to left side, cross R Right over left□□□(09:00)  
3 & 4      Make a 1/4 R by stepping back on L, close R beside L, step back on L□(12:00)  
5 & 6      Step R ¼ right, step L beside R, step R ¼ right fwd□□□□(06:00)  
7 & 8      Rock L fwd, recover onto R, close L beside R□□□□(06:00)

### [Section 8] Walk back R & L, R ball rock, L back shuffle, R out, L out, R touch

1 2 &      Step R back, step L back, close R beside L□□□□□(06:00)  
3 4      Rock L fwd, recover onto R□□□□□□□(06:00)

5 & 6 Step back on L, close R beside L, step back on L□□□□(06:00)  
& 7 8 Step R to right side, step L to left side, touch R beside L□□□□(06:00)

**Taglet: Step change on Wall 2 Section 6 - counts 7 & 8 become a Sailor 1/4 L back to 12 O'Clock**

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