

Second Hand Heart

COPPER KNOB
BY STEPHENETS

拍数: 34 墙数: 4 级数: Intermediate Polka Rhythm
编舞者: Tonnie Vos (NL) & Ira Weisburd (USA) - September 2017
音乐: Second Hand Heart - Gerry Guthrie



PART I. (FORWARD TRIPLE STEP, FORWARD TRIPLE STEP; FORWARD MAMBO, BACK MAMBO)

1&2 Step R forward, Step-close L beside R, Step R forward
3&4 Step L forward, Step-close R beside L, Step L forward
5&6 Step R forward, Recover back onto L, Step R back
7&8 Step L back, Recover forward onto R, Step L forward

PART II. (FORWARD, PIVOT 1/2 L TURN, SHUFFLE 1/4 L TURN; SYNCOPATED WEAVE BACK 7 STEPS)

1-2 Step R forward, Pivot 1/2 L Turn (6:00)
3&4 Step R forward making 1/4 L Turn (3:00), Step-close L beside R, Step R to R
5&6& Step L behind R, Step R to R, Step L across R, Step R to R
7&8 Step L behind R, Step R to R, Step L across R

PART III. (HEEL JACK: BALL, HEEL, STEP, CROSS, BALL, HEEL, BALL, HEEL; COASTER STEP, PIVOT 1/2 L TURN)

&1&2 Step back on ball of R, Touch L heel forward, Step L in place, Step R across L
&3&4 Step back on ball of L, Touch R heel forward, Step R in place, Touch L heel forward
5&6 Step L back, Step-close R beside L, Step L forward
7-8 Step R forward, Pivot 1/2 L Turn onto L (9:00)

PART IV. (ROCKING CHAIR, FORWARD, LOCK, STEP; ROCKING CHAIR, FORWARD, LOCK, STEP)

1&2& Step R forward, Recover back onto L, Step back onto R, Recover forward onto L
3&4 Step R forward, Step L behind R ankle, Step R forward
5&6& Step L forward, Recover back onto R, Step L back, Recover forward onto R
7&8 Step L forward, Step R behind L ankle, Step L forward
9-10 Step R forward, Pivot 1/2 L Turn (3:00)

REPEAT DANCE.

*Note: TAG. On Wall 3,5 and 7 (at the end of Part II, there is a 2 count tag: &9&10 Step R to R Step L behind R, Step R to R, Step L across R) First time facing 9:00, Second & Third time at 3:00

* Note: RESTART. At the end of Wall 5 facing 3:00, dance the first 10 counts of the dance & restart facing 9:00

Last Update - 9 May 2021