

This Tender Heart

COPPER KNOB
BY STEPHEN HETS

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Judy Rodgers (USA) - January 2018
音乐: Tender Heart - Lionel Richie



#16 count intro

S1: Rock, recover, shuffle turn 1/2 R, rock, recover, step lock step

1-2 Rock R fwd, recover L
3&4 Turn 1/2 right shuffle fwd R L R - 6:00
5-6 Rock L fwd, recover R
7&8 Step L back, lock R over L, step L back

S2: Turn 1/4 R sway, sway, sway, hold, cross rock, turn 1/4 L, turn 1/4 L

1-4 Turn 1/4 right step/sway R to right side, sway L, sway R, hold - 9:00
5-8 Cross L over R, recover R, turn 1/4 left step L fwd, turn 1/4 left step R to right side - 3:00

S3: Back, sweep, back, sweep, back, together, step, hold

1-4 Step L back, sweep R from front to back, step R back, sweep L from front to back
5-8 Step L back, step R beside L, step L fwd, hold

S4: Turn 1/2 L, turn 1/4 L, step, hold, step, turn 1/2 R, step, hold

1-4 Turn 1/2 left step R back, turn 1/4 left step L fwd, step R fwd, hold - 6:00
5-8 Step L fwd, turn 1/2 right step R fwd, step L fwd, hold - 12:00

*** Restart here on Wall 5 (facing 12:00)

S5: Turn 1/2 L, turn 1/2 L, step, hold, shuffle, rock, recover

1-4 Turn 1/2 left step R back, turn 1/2 left step L fwd, step R fwd, hold (option: walk (X3), hold)
5&6 Shuffle fwd L R L
7-8 Rock R fwd, recover L

S6: Back, turn 1/4 L, cross shuffle, step cross/touch (X2)

1-2 Step R back, turn 1/4 left step L to left side - 9:00
3&4 Cross shuffle R L R
5-8 Step L to left side, touch R toe over L, step R to right side, touch L toe over R

S7: Turn 1/4 L, hold, step, together, back, hold, step, drag/touch

1-4 Turn 1/4 left step L fwd, hold, step R to right side, step L beside R - 6:00
5-8 Step R back, hold, step L to left side, drag/touch R beside L

*** Restart here on Wall 1 and Wall 3 (both times at 6:00)

S8: Back rock, side rock, jazz box

1-4 Rock R back, recover L, rock R to right side, recover L

*** Restart here on Wall 6 (facing 6:00)

5-8 Cross R over L, step L back, step R to right side, step L fwd

#4 Restarts:

Wall 1 and Wall 3, dance 56 counts and Restart facing - 6:00

Wall 5 dance 32 counts and Restart facing 12:00

Wall 6 dance 60 counts and Restart facing 6:00

Ending: Wall 8 (last wall) dance 15 counts....change count 16 to turn 1/2 L to face front

