

Borrow My Heart

COPPER KNOB
STEPPERS

拍数: 40 墙数: 2 级数: Intermediate
编舞者: Sophie Ruhling (FR) - August 2018
音乐: Borrow My Heart (feat. Clare Bowen, Jonathan Jackson & Sam Palladio) -
Nashville Cast : (Album: The Music Of Nashville)



Start with lyrics - 11 TAGS - 5 RESTARTS - 1 FINAL

SECT.1 : TRIPLE STEP R FWD, TRIPLE STEP L FWD, STEP 1/2 TURN L, STEP R FWD, COASTER STEP L FWD

1&2 walk R, walk L beside R, walk R
3&4 walk L, walk R beside L, walk L
5&6 walk R, 1/2 turn L (weight on L), walk R (6.00)
7&8 walk L, walk R beside L, back L

SECT.2 : TRIPLE STEP R SIDE, CROSS ROCK STEP L OVER R, STEP L SIDE, CROSS TRIPLE STEP R OVER L, 1/4 TURN L, TRIPLE STEP L FWD

1&2 step R to R side, step L beside R, step R to R side
3&4 cross rock step L over R, recover on R, step L to L side
5&6 cross R over L, step L beside R, cross R over L
7&8 1/4 turn L walk L, walk R beside L, walk L (3.00)

*tag 3 here walls 2-4-6 (9.00-9.00-3.00)

SECT.3 : 1/2 TURN L TRIPLE STEP R, SAILOR STEP L, SAILOR STEP R, SAILOR STEP L 1/4 TURN L

1&2 1/4 turn L step R to R side, step L beside R, 1/4 turn L back R (9.00)
3&4 cross L behind R, step R to R side, step L to L side
5&6 cross R behind L, step L to L side, step R to R side
7&8 cross L behind R, 1/4 turn L step R to R side, step L to L side (6.00)

*restart here wall 6 (6.00)

SECT.4 : LOCKED TRIPLE BACK R, 1/2 TURN L TRIPLE STEP L FWD, HEEL GRIND R 1/4 TURN R, STEP R, HEEL GRIND L 1/2 TURN L, STEP L

1&2 back R, back L locked over R, back R
3&4 1/4 turn L step L to L side, step R beside L, 1/4 turn L walk L (12.00)
5&6 step R heel fwd (heel rotate to the outside), 1/4 turn R step L in place, step R in place (3.00)
7&8 step L heel fwd (heel rotate to the outside), 1/2 turn L step R in place, step L in place (9.00)

*tag 1 here walls 1-3-5-8 (9.00-9.00-9.00-12.00)

*tag 2 here after tag 1 walls 1 & 3 (12.00)

*tag 3 here walls 2 & 4 (3.00)

*restart here walls 1-3-5-7 (6.00-6.00-12.00-3.00) after the tags when they exist

*ending here wall 8 (3.00) after tag 1 : add 1/4 TURN L, STOMP R TO R SIDE

SECT.5 : TRIPLE STEP R SIDE, CROSS L OVER R, BACK R, 1/4 TURN L STEP L FWD, RUN RUN RUN R-L-R & L-R-L

1&2 step R to R side, step L beside R, step R to R side
3&4 cross L over R, back R, 1/4 turn L walk L (6.00)
5&6 run R, run L, run R
7&8 run L, run R, run L

TAG 1

[1-8] STOMP R, HOLD, STOMP L, HOLD, JAZZ BOX 1/4 TURN R

1-2 stomp R fwd, hold
3-4 stomp L fwd, hold

5-6 cross R over L, back L
7-8 1/4 turn R walk R, walk L

TAG 2

1-4 WALK R-L-R-L 1/2 CIRCLE TO THE RIGHT

TAG 3

[1-8] STOMP UP R, HEEL BOUNCES X3, STOMP UP L, HEEL BOUNCES X3

1 stomp up R fwd
&2&3&4 R heel up, R heel down (X3) (weight on R)
4 stomp up L fwd
&2&3&4 L heel up, L heel down (X3) (weight on L)

PHRASING:

wall 1 : Sect.1 S2 S3 S4 + tag 1 + tag 2 + restart

wall 2 : S1 S2 + tag 3 + S3 S4 + tag 3 + S5

wall 3 : S1 S2 S3 S4 + tag 1 + tag 2 + restart

wall 4 : S1 S2 + tag 3 + S3 S4 + tag 3 + S5

wall 5 : S1 S2 S3 S4 + tag 1 + restart

wall 6 : S1 S2 + tag 3 + S3 + restart

wall 7 : S1 S2 S3 S4 + restart

wall 8 : S1 S2 S3 S4 + tag 1 + final

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