

Heal Me

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 2 级数: Improver / Intermediate
编舞者: Alan Birchall (UK) & Jacqui Jax (UK) - March 2019
音乐: Heal Me - Grace Carter



Music Available: iTunes Amazon & Spotify

Start: On The Word 'Face' Seconds: 23 Counts: 16 (From Start Of Lyrics) BPM: 84

Released E17 Nuline Dance London

SIDE, ROCK BACK, RECOVER, ¼ TURN, FULL TURN, PRESS, RECOVER, SWEEP, SWEEP, BEHIND, SIDE

1-2& Step Right To Right, Rock Back On Left, Recover On Right
3-4& Make ¼ Turn Left Stepping Forward On Left, Make ½ Left Stepping Back On Right, Make ½ Turn Left Stepping Forward On Left 09:00
5-6 Press Forward On Right, Recover On Left Sweeping Right
7-8& Step Back On Right Sweeping Left (7) Step Left Behind Right (8) Step Right To Right (&
TAG: During Wall 4 Replace Counts (8 &) - Step Back On Left (8) Make ¼ Turn Right (&)
Restart Dance Stepping Right To Right (1) Facing 6:00

CROSS ROCK, RECOVER, SIDE, CROSS UNWIND, CROSS ROCK, SIDE ROCK, COASTER STEP, STEP

9-10& Cross Rock Left Over Right, Recover On Right, Step Left To Left
11-12 Cross Right Over Left, Unwind ½ Turn Left (Weight On Left) 03:00
13&14& Cross Rock Right Over Left, Recover On Left, Rock Right To Right, Recover On Left
15&16& Step Back On Right, Step Left By Right, Step Forward On Right, Step Left Beside Right (&)

ENDING: Dances Ends Here During Wall 8

Make ¼ Turn Left Taking Big Step Right Drag & Touch Left by Right 12:00

STEP, ROCK, RECOVER, BACK LOCK STEP, ½ TRIPLE TURN, ¼ ROCK, RECOVER, CROSS

17-18-19 Step Forward On Right, Rock Forward On Left, Recover On Right,
20&21 Step Back On Left, Lock Right Over Left, Step Back On Left,
22&23 Make ¼ Turn Right Stepping Right To Right, Step Left By Right, Make ¼ Turn Right Stepping Forward On Right 09:00
24&25 Making ¼ Turn Right Rock Left To Left, Recover On Right (&) Cross Left Over Right (1) 12:00

ROCK, RECOVER, CROSS, SWAY, RECOVER, BEHIND ½ TURN, CROSS ROCK, RECOVER

26&27 Rock Right To Right, Recover On Left, Cross Right Over Left
28-29 Sway Left To Slight Diagonal, Recover Back On Right 10:00
30&31 Cross Left Behind Right, Making ½ Turn Right Step Forward On Right (To Diagonal) Step Forward On Left 04:30
32& Cross Right Over Left, Recover On Left (&)

Straighten up to 6:00 to Start Dance Again

START AGAIN

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