

# Deep Inside My Heart

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver +  
编舞者: Martine Canonne (FR) & Chrystel DURAND (FR) - March 2019  
音乐: Deep Inside My Heart - Mark Wayne Glasmire : (Album: Can't Be Denied)



**Start : 2x8 counts - No Tag No Restart**

## **S 1 - TRIPLE FORWARD, KICK BALL STEP, MAMBO 1/2 TURN, PIVOT 1/2 TURN, PIVOT 1/4 TURN**

1&2      Step RF forward, step LF next to RF, step RF forward  
3&4      Kick LF forward, step LF next to RF, step RF forward  
5&6      Step LF forward, recover onto RF, turn ½ left stepping LF forward (06:00)  
7-8      Turn ½ left stepping back RF, turn ¼ left stepping LF to left side (09:00)

**Option easy : counts 5 to 8 : Mambo LF (5&6), back RF (7), turn ¼ left stepping LF to left side (8)**

## **S 2 - WEAVE, CROSS ROCK, 1/4 TURN AND TRIPLE FWD, STEP FORWARD, PIVOT 1/2 TURN**

1&2&      Cross RF over LF, step LF to left side, cross RF behind LF, step LF to left side  
3-4      Cross RF over LF, recover onto LF  
5&6      Turn ¼ right stepping RF forward, step LF next to RF, step RF forward (12:00)  
7-8      Step LF forward, turn ½ left stepping back RF (06:00)

## **S 3 - SWEEP SAILOR L, SAILOR ¼ R, VAUDEVILLE, ½ TURN R**

1&2      Cross LF behind RF with sweep LF, step RF to right side, step LF to left side  
3&4      Cross RF behind LF, turn ¼ right stepping LF to left side, step RF to right side (NOTA : open your body to right diagonal) (09:00)  
5&6&7      Cross LF over RF, step RF to right side, touch left heel diagonal left, step LF next to RF, cross RF over LF  
8      Turn ½ left and keep weight on RF (03:00)

## **S 4 - COASTER STEP, GALLOP 1/2 TURN R, OUT-OUT, APPLE JACK (OR HEELS FAN)**

1&2      Step LF back, step RF next to LF, step LF forward  
3&4&      Make ½ circle right stepping RF forward, step LF next to RF, step RF forward, step LF next to RF  
5-6      Step RF to right side, step LF to left side  
7&8&      Rotate right heel and left toe to the left, back to the center rotate right toe and left heel to the right, back to the center

**Option easy : counts 7&8&: Heel fan RF, back to the center, heel fan LF, back to the center**

**FINAL : Start S4 et change "GALLOP" with turn ¼ right for finish 12:00**