

Follow The Heart

COPPER KNOB
BY SHEETS

拍数: 120 墙数: 2 级数: Advanced Phrased Waltz
编舞者: Rex Chuan (USA) - April 2019
音乐: "Follow The Heart" by A-Lin



Start: after 48 counts of introduction, with vocal
Start of each part, the count is vague, please take cue from music.
Sequence: A, A, B, Tag1, Tag 2, A, B, Tag , Tag 3

Part A: 60 counts

SA1: Large step, Sway, Weave

1-5 Lower down, RF large step R(1) starting roll body from L to R, down and up shoulder first, continue the move over 234 and end at 5 facing right diagonally body straighten up and weight rock to RF
&6& Recover weight to LF(&), RF cross behind LF(6), LF L(&)

SA2: Cross Rock, Sweep

123 RF rock cross LF(1), hold 2,3 while L arm raise up for styling
456 RF sweep backward(4), hold 5,6 while L arm flash back for styling

SA3: Unwind, Back

12345 RF cross behind LF(1), start unwind R $\frac{3}{4}$ turn on 2 and end on 5
&6& RF back(&), LF press in place(6), weight back to RF(&) (9:00)

SA4: Back, Back, Side, Pivot Turn

1&2 LF back(1), RF press in place(&), weight back to LF(2)
&3& RF back(&), LF press in place(3), weight back to RF(&)
456 LF L(4), L quarter turn and RF forward(5), swivel L half turn and weight on LF(6) (12:00)

SA5: Twinkle, Cross, Ball Step

123 RF cross LF(1), LF L(2), RF R(3)
456& LF cross RF(4), hold 5,6, RF R on ball(&) (12:00)

SA6: Pivot Turn,

123 R quarter turn and LF forward(1), hold 2,3
456 R half turn swivel and RF forward(4), hold 5, LF together on toe(6) (9:00)

SA7: Twinkle Turn, Step Kick Hook

123 LF forward(1), L half turn and RF backward(2), LF L(3)
456 RF forward(4), LF kick diagonally(5), LF hook (6) (3:00)

SA8: Half Diamond

123 LF cross RF(1), L quarter turn and RF backward(2), LF L(3)
456 RF cross behind LF(4), L quarter turn and LF forward(5), RF R(6) (9:00)

SA9: Pivot Turn

123 LF forward(1), hold 2,3
456 R swivel half turn and weight on RF(4), hold 5,6 (3:00)

SA10: Turn and Forward, Sway Back

123 R quarter turn and LF forward(1), hold 2,3
456 Weight sway back on RF(4), hold 5,6 (6:00)

Part B: 60 counts

SB1: Twinkle Turn, Twinkle Turn

123 RF cross LF(1), R $\frac{1}{8}$ turn and LF slightly L(2), R $\frac{1}{8}$ turn and RF slightly R(3)
 456 LF cross RF(4), L half turn and RF slightly back(5), L half turn and LF slightly forward(6)
 (3:00)

SB2: Walk X 6

123 RF forward(1), L $\frac{3}{8}$ turn and LF forward(2), RF forward(3)
 456 LF forward(4)R quarter turn and RF forward(5), LF forward(6) (1:30)

SB3: Twinkle Turn, Twinkle Turn

123 RF forward(1), R $\frac{3}{8}$ turn and LF slightly L(2), R quarter turn and RF slightly R(3)
 456 LF cross RF(4), L half turn and RF slightly back(5), L half turn and LF slightly forward(6)
 (9:00)

SB4: Walk, Walk Walk, Lunge

123 RF forward(1), L quarter turn and LF forward diagonally(2), RF cross LF(3)
 456 LF L(4), sway L(5) pose for R turn, hold 6 (6:00)

SB5: Monterey Turn, Spiral, Ball Step

123 RF together while R swivel full turn on RF(1), further R quarter turn(2), LF tap L(3)
 456& L $\frac{3}{4}$ swivel turn on RF(4), continue on 5, LF L(6) and L $\frac{1}{8}$ turn, RF R(&) and $\frac{1}{8}$ turn (9:00)

SB6: Twinkle Turn, Cross, Side, Kick, Ball Step

123 LF cross RF(1), L quarter turn and RF back(2), LF L(3)
 456 RF cross behind LF(4), LF L(5), RF kick(6), RF forward on ball(&) (6:00)

SB7: Lock Step, Forward, Side, Spiral Turn, Ball Step

123 LF lock in (1), RF forward(2), LF tap L(3)
 456& L $\frac{3}{4}$ swivel on RF(4), continue on 5, LF L(6) and L $\frac{1}{8}$ turn, RF R(&) and L $\frac{1}{8}$ turn (6:00)

SB8: Twinkle, Cross, Rock, Ball Step

123 LF cross RF(1), RF R(2), LF L(3)
 456& RF cross LF(4), LF rock L to the extreme with RF forced up to keep balance(5), hold 6, RF step in place on ball(&) (6:00)

SB9: Cross, Sweep, Ball Step, Spiral Turn, Ball Step

123& LF cross behind RF(1) and RF sweep back, hold 2, RF cross behind LF(3), LF L(&)
 456& RF forward(1) and L $\frac{3}{4}$ turn, continue the turn on 5, LF L(6) and L $\frac{1}{8}$ turn, RF R(&) and L $\frac{1}{8}$ turn (6:00)

SB10: Forward Kick Hook, Cross, Side

123 LF forward(1), RF kick diagonally(2), RF hook(3)
 456 RF cross LF(4), LF tap L(5), hold 6 (6:00)k

Tag 1(loosely counted, take cue from vocal): L half turn on RF, LF L, RF cross LF, LF rock L, recover, LF cross RF, RF rock R

Tag 2: LF recover(S1), RF cross LF, LF L(S2), RF forward, LF forward(S3), RF forward, Recover on LF(S4), RF cross behind LF, R quarter turn and LF back, RF R, LF cross behind LF, R quarter turn and RF forward, LF L(S5), RF cross behind LF, R quarter turn and LF back, RF R, LF cross behind LF, R quarter turn and RF forward, LF L(S6), RF R, LF cross RF, RF back, LF L, RF cross LF, LF back(S7), RF R, LF cross RF, RF back, LF L, RF cross LF, LF back(S8), RF rock cross LF, recover, RF R(S9), LF rock cross RF, recover, LF L(S10)

Tag 3 (loosely counted, take cue from vocal): R half turn on LF, RF R, LF cross RF, RF rock R, recover, RF cross LF, LF rock L, R $\frac{3}{8}$ turn on RF, LF forward, RF forward, LF forward, RF forward

Enjoy the dance!
