

# My Heart

**COPPERKNOB**  
BY STEPHENETS

拍数: 64      墙数: 2      级数: Improver  
编舞者: Kate Simpkin (AUS) & Melissa Foong (AUS) - May 2019  
音乐: "So Long" by Diplo



**Introduction: 8 Beats. There is No Tag And Restart. Dance starts with weight on left.**

## **S1: CROSS SIDE, SAILOR STEP, CROSS 1/4L SIDE, 1/2L SHUFFLE FORWARD**

1, 2            Step R Toe Across In Front Of Left, Step L To Side  
3 & 4          Step R Behind Left, Step L To The Side, Step R To The Side  
5, 6            Step L Across In Front Of Right, Turn 1/4 L Step R Back  
7 & 8          Turning 1/2L Step L Forward, Step R Together, Step L Forward (3:00)

## **S2: FORWARD ROCK, 1/2R SHUFFLE BACK, 1/2R SHUFFLE BACK, BACK ROCK**

1, 2            Step R Forward, Rock Back To L  
3 & 4          Turning 1/4R Step R Forward, Turning 1/4R Step Together, Step R Forward  
5 & 6          Turning 1/4R Step L Forward, Turning 1/4R Step R Together, Step L Back,  
7, 8            Step R Back, Step L Forward (3.00)

**(No Turning Option: Forward Rock, Shuffle Back, Back Rock, Shuffle Forward)**

## **S3: PIVOT 1/4L, CROSS SIDE, CROSS SIDE, CROSS TOUCH**

1, 2            Step R Forward With 1/4L Turn And Take Weight On Left  
3, 4            Step R Across L, Step L To Side  
5, 6            Step R Across L, Step L To Side  
7, 8            Step R Across L, Touch L To Side (12.00)

## **S4: CROSS SAMBA, CROSS TOUCH, 14L JAZZ BOX**

1 & 2          Step L Across In Front Of R, Step R To Side, Step L To Side  
3, 4            Step R Across In Front Of L, Touch L To Side  
5, 6            Step L Across R, Step R Back With 1/4L Turn  
7, 8            Step L To Side, Step R Across L (9:00)

## **S5: SIDE SHUFFLE, BACK ROCK, SIDE SHUFFLE,, BACK ROCK**

1 & 2          Step L To Side, Step R Together, Side L To Side  
3, 4            Step R Back, Rock Onto L  
5 & 6          Step R To Side, Step L Together, Step R To Side  
7, 8            Step L Back, Rock Onto R (9.00)

## **S6: TOUCH AND TOUCH AND HEEL AND HEEL AND WALK WALK**

1, 2&          Touch L To Side, Hold (2), Step L Together (&)  
3, 4&          Touch R To Side, Hold (4), Step R Together (&)  
5&,6&        Step L Heel Forward, Step L Together, Step R Heel Forward, Step R Together  
7, 8            Step L Forward, Step R Forward (9:00)

## **S7: PIVOT 1/4R, CROSS SIDE BEHIND 1/4R FORWARD, PIVOT 1/4R**

1, 2            Step L Forward, Turn 1/4R With Weight On R  
3, 4            Step L Across R, Step R To Side  
5, 6  
7, 8            Step L Behind R, Step R Forward With 1/4R Turn, Step L Forward, Turn 1/4R With Weight  
On R (6.00)

## **S8: CROSS SIDE BEHIND 1/4R FORWARD, PIVOT 1/2R, 1/4R SIDE TOUCH**

- 1, 2            Step L Across R, Step R To Side
- 3, 4            Step L Behind R, Turn  $\frac{1}{4}$  R Step R Forward
- 5, 6            Step L Forward, Turn  $\frac{1}{2}$  R With Weight On L
- 7, 8            Step L Side With  $\frac{1}{4}$  R Turn, Touch R Next To L (6:00)

**Repeat The Dance In New Direction (To Finish The Dance In Front, Change The Last 8 Steps As below:  
Cross Side Behind  $\frac{1}{4}$  R Forward, Paddle Turn, And Cross Side)**

**Contact: (simpkin2@bigpond.net.au, melissafoongyy@gmail.com)**

---