

Heal The World

COPPER **KNOB**
STEPSHEETS

拍数: 160 墙数: 1 级数: Phrased Intermediate
编舞者: 19 Choreographer ULD All Star (INA) - April 2020
音乐: Heal the World - Michael Jackson : (Official Video)



*19 Choreographer ALL STAR: Andrico Yusran, Irene Argoputro., Lucy Sujadi, Yudha Alfattar, Hasmiralda, Yanti, Fitriani Kartawan, Sofyan Anas, Arra, Metty, Ati Setiyawati, Roosamekto Mamek, Imelda Afriany, Anna Bax, Rissa Miura, Dwi Astuti, Wina, Ira Barie, Tomi Ardiansyah (ULD All Star Indonesia) April 2020

Tag : 4 counts

Sequences : A B tag(4c) C B D A B D C

Start Dance on Song Lyric

***PART : A* - 48 counts**

A1# CROSS ROCK (R-L) - ROCK FORWARD - SAILOR CROSS

1-2& Step R cross over L, recover on L, step R to right side
3-4& Step L cross over R, recover on R, step L to left side
5-6 Step R forward, recover on L
7&8 Step R behind L, step L to left side, step R cross over L

A2# RHUMBA BOX - BACK - COASTER STEP - FORWARD

1 - 2& Step L to L side, close R to L, step L forward
3 - 4& Step R to R side, close L to R, step R back
5 Step L back
6&7-8 Step R back, L close beside R , R forward , L forward

A3# DOROTHY (R-L) - UNWIND ½ TURN L - L SIDE TOUCH - CLOSE TOUCH

1-2& Step R diagonal forward, L cross behind R, R forward
3-4& Step L diagonal forward, R cross behind L, L forward
5 - 6 Step R cross over L, ½ turn L (6:00).
7- 8 Step L to side touch , L close touch beside R

A4# CHASSE - CROSS - RECOVER - SIDE - FORWARD MAMBO - BACK SHUFFLE

1&2 Step L to side, close R beside L , step L to side
3&4 Cross R over L , recover on L , step R to side
5&6 Step L forward, step R in place, step L back
7&8 Step R back - cross L over R , step R back

A5# SIDE - TOUCH DIAGONAL - FORWARD DIAGONAL -KICK- CROSS BEGIND - SIDE - HITCH

1-2 Step L side , touch R beside L diagonal (5:00)
3-4 Step R forward diagonal (5.00) , L kick
5-6 Step L cross behind R , R to side (6:00)
7-8 L forward , R knee up

A6# CROSS - BACK - 1/4 TURN - CROSS SHUFFLE - COASTER STEP - TRIPLE 1/4 TURN

1&2 Step R Cross Over L, step L back , step R 1/4 turn to R side
3&4 Step L Cross over R, step R to side, step L Cross over R
5&6 Step R back, step L beside R, step R fwd
7&8 Step L fwd, step R turn ¼ R (12:00), step L Cross over R

***Part B* - 32 counts**

B1# BACK TURN ½ LEFT WITH SWEEP, BEHIND, SIDE, CROSS SHUFFLE, SYNCOPATED MONTEREY, CROSS SHUFFLE, TURN ¼ LEFT

1-2& Turn ½ left step R back - Cross L behind R - Step R to side
3&4 Cross L over R - Step R to side - Cross L over R
5&6& Touch R to side - Step R together - Touch L to side - Step L together
7&8& Cross R over L - Step L to side - Cross R over L - Turn ¼ left step L forward

B2# VINE - PIVOT ¼ LEFT - FULL TURN R

1 - 2&3 Step R to right (1), Cross L behind right (2), Step R to right (&), Cross L over right (3)
4 & 5 Step R to right (4), Making 1/4 turn left step fwd on L (&), Step R fwd (5)
6&7-8 ½ Turn right stepping back L (6), ½ Turn right stepping fwd R (&), Step L fwd (7), Touch R beside left (8)

B3# FORWARD ROCK - COASTER STEP - FORWARD - ½ TURN - LOCK SHUFFLE

1-2 Step R forward , L recover
&3&4 R back , L close beside R , R forward , L forward
5-6 Making ½ turn to R slowly
7&8 L forward , R lock behind L , L forward

B4# MAMBO CROSS (R - L) - CHASSE ¼ TURN - ¼ TRIPLE STEP

1&2 Step R side , L in place , R cross over L
3&4 L side , R in place , L cross over R
5&6 R side , L close beside R , R ¼ turn to R
7&8 L forward ¼ turn to R , R in place , L cross over R

***Part C* - 48 counts**

C1#*Night Club R/L-R Fwd - Pivot 1/4 Turn R - Side Together*

1 - 2& Step R to Side, Cross L Behind R, Recover On R
3 - 4& Step L to Side, Step R Back, Recover On L
5 - 6& Step R Forward, Step L Forward, Turn 1/4 R with R in place (facing towards 3 o'clock)
7 - 8& Step L Forward, Step R to Side, Closed L Beside R (Facing 03.00)

C2#*Forward with sweep - Cross - Side - Back with sweep - Coaster step - Pivot 1/2 turn R - Forward - Step fwd - Close Together*

1 - 2& Step R fwd and Sweep L fwd, Cross L over R, Step R to side.
3 - 4& Step L back and sweep R back, Step R back, Step L back together.
5 - 6& Step R fwd, Step L fwd, 1/2 turn right.
7 - 8& Step L fwd, Step R Fwd, Close L beside R - Facing 09.00)

C3#*Step R side - Cross -Side - Cross Behind (Sweep)- Cross Behind - Side - Cross Rock -Side Rock - Cross Shuffle*

1 - 2& Step R to R side-Cross L over R-Step R to R side
3 - 4& Cross L behind R with Sweep from front to back-Step R behind L-Step L to L side
5 - 6& Cross R over L-Step L to side - Recover into R
7 & 8 Cross L Over R - Step R to R side-Cross L over R

C4#*Prissy walk - Shuffle Lock - 1/4 pivot turn R- Cross - Sway*

1 - 2. RF cross forward (1), LF cross forward (2)
3 & 4 RF forward (3), LF behind RF (&), RF forward (4)
5 & 6 LF forward (5), turn 1/4 to right while body weight on RF (&), LF cross over RF (6)
7 - 8 RF step side while sway right (7), sway left (8) (Facing 12.00)

C5*Walk Backward - Coaster Step - Dorothy L/R*

1 - 2 Walk backward R-L
3 & 4 Step RF backward, step LF beside RF, step RF forward
5 - 6& Step LF diagonal fwd, step RF behind LF, step LF diag fwd

7 - 8& Step RF diag fwd, step LF behind RF, step RF diag fwd

C6#*L Side - Cross Rock - R Side - Cross Rock - Syncopated Mambo*

1 - 2&. Big step LF to side, step RF cross over LF, recover on LF
3 - 4& Big step RF to side, step LF cross over RF, recover on RF
5 - 6&. Step LF to side, step RF cross over LF, recover on LF
7&8&. Step RF to side, recover on LF, step RF backward, recover on LF

***Part D* - 32 counts**

D1# FORWARD (R-L) - HALF TURN WITH SWEEP - BEHIND - SIDE - L CROSS ROCK - SIDE - R CROSS ROCK

1 - 2 Step forward R-L
3 - 4& ½ turn left step R back with L sweep from front to back (06.00) , Cross L behind R, Step R to side
5 - 6& Cross L over R, Recover on R , Step L to side
7 - 8 Cross R over L, recover on L

D2# NIGHTCLUB (R-L) - R FORWARD DIAGONAL WITH SWEEP - FORWARD LR - PIVOT - L FORWARD

1 - 2& Step R to side - Step L behind R - Cross R over L
3 - 4& Step L to side - Step R behind L - Cross L over R
5 - 6& Step R forward sweeping L to diagonal front R - Step L forward (7.30) - Step R forward
7 - 8& Step L forward - Turn ½ right moving weight on R - Step LF forward (01.30)

D3# R BACK WITH SWEEP - ¼ BEHIND - SIDE - L CROSS WITH SWEEP - R CROSS - SIDE - RL FORWARD DIAGONAL - PIVOT - L FORWARD DIAGONAL - TOUCH

1 - 2& Recover to R sweep L from front to back - turning back ¼ L (12.00), cross behind L to R, Step R to R Side
3 - 4& Cross L over R with Sweep, R cross over L, Step L to L side
5 - 6& Step R - L diagonal forward (10.30) make ½ turn R step R in place (4.30)
7&8& Step L diagonal forward, turn ½ R, Step L diagonal forward , R touch beside L

D4# CROSS ROCK - BACK DIAGONAL RL - TOUCH - SWAY

1 - 2& R Cross L, Recover on R, Step R back diagonal
3 - 4 Step back diagonal L, R touch beside L
5-8 Turn ¼ R (squaring 12.00) Sway R-L-R-L

TAG 4 COUNTS

OPEN HAND DIAGONAL (R-L) - CROSS TOUCH BEHIND - HOLD

1-4 Step R side with Open R hand diagonal , L hand diagonal , R cross touch behind L with Hand Both Cross front Chest , HOLD

Dancing with Your Heart

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