

# Be Still My Heart

**COPPER KNOB**  
BY STEPHEN

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Khansa & Khansa (INA) - June 2020  
音乐: We Could Be In Love by Lea Salonga & Brad Kane



**Intro: 8 counts - 1 RESTART (on wall 5 facing 12.00)**

## **RUMBA BOX WITH SHUFFLE**

1 – 2                      Step R to side – L beside R  
3 & 4                      Forward shuffle on R-L-R  
5 – 6                      Step L to side – R beside L  
7 & 8                      Back shuffle on L-R-L

(\*Restart here on wall 5)

## **BACK ROCK, FORWARD SHUFFLE, PIVOT ½ RIGHT, FORWARD SHUFFLE**

1 – 2                      Rock R back – recover on L  
3 & 4                      Forward shuffle on R-L-R  
5 – 6                      Step L forward – turn ½ right ..... (6.00)  
7 & 8                      Forward shuffle on L-R-L

## **¼ TURN LEFT , CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE**

1 – 2                      Turn ¼ left rock R to side – recover on L ..... (3.00)  
3 & 4                      Cross R over L – step L to side – cross R over L  
5 – 6                      Rock L to side – recover on R  
7 & 8                      Cross L over R – step R to side – cross L over R

## **ROCKING CHAIR, SWAY**

1 – 2                      Rock R forward – recover on L  
3 – 4                      Rock R back – recover on L  
5 – 8                      Sway hips to right – left – right – left

**\*RESTART : happens on wall 5 after 8 counts**

**Stay safe and have fun !!!!!**

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