

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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