

Out of My Heart

COPPERKNOB
BY STEPSHEETS

拍数: 72 墙数: 1 级数: Phrased Intermediate Country
编舞者: Christiane FAVILLIER (FR) - 11 November 2020
音乐: Out of My Heart - Jerrod Niemann : (Album: This Ride)



Musical intro: count 32 beats

Course of the dance: A + 4 sways - B + 4 sways - A + 4 sways - (B) A + 4 sways - (B) A (32 times) included
ENDING

PART "A" (48 beats)

[1 to 8]: OUT-OUT / IN-IN (WITH HELL), KICK BALL CHANGE X2,

1 2 3 4 Place R heel in front, then L heel, bring R heel to the center, and L heel to the center
5 & 6 Right front kick, bring the sole of the right next to the left, step left next to the right
7 & 8 Right front kick, bring sole of right next to left, step left next to right

[9 to 16]: ROCK SIDE, SAILOR STEP X2, STEP TURN

1 2 Step right to right (with weight) and recover on left
3 & 4 Cross right behind left, step left to left, step right to right
5 & 6 Cross left behind right, step right to right, step left to left
7 8 Walk right forward and turn 1/2 turn left (6h)

[17 to 24]: STEP LOCK, TRIPLE STEP DIAGO (X2),

1 2 Walk right forward, block left behind right
3 & 4 Step right forward, step left behind right, step right forward (this is done diagonally forward right)
5 6 Step left, block right behind left
7 & 8 Step left, block right behind left, step left (This is done diagonally before left)

[25 to 32]: ROCK STEP, BACK STEPS & POINT (X2), R COASTER STEP, L ROCK FWD & CLOSED

1 2 Step RF forward (with weight) and recover on left
& 3 & 4 Steer right back, point left next to left, step back left, point right next to left **
5 & 6 Step back right, step left close to right, step right forward**

****ENDING HERE : change the steps of 7 & by: Step left, pivot 1/2 turn to the right (12H) cross tip of left in front of right cross arms in front.**

[33 to 40] - STEP FORWARD & 1/4 TURN L, CROSS SHUFFLE, ROCK STEP DIAGO, BEHIND SIDE CROSS

1 2 Walk right forward and pivot 1/4 turn to left (3H)
3 & 4 Right cross over left, step left to left, cross right over left
5 6 Step left forward (with RF diagonally forward left) and recover on RF
7 & 8 Cross left behind right, step right to right, cross left over right

[41 to 48]: ROCK STEP DIAGO, COASTER STEP WITH 1/4 TURN, L STEP FORWARD & HALF TURN, L STEP FORWARD, L TRIPLE STEP FORWARD

1 2 Step RF forward (with RF diagonally forward right) and recover on left
3 & 4 Step back right, step back left, pivot 1/4 turn to right (6H), step right forward
5 6 Walk forward, pivot 1/2 turn to right (12H)
7 & 8 Step left, step right behind right, step left

PART "B" (24 beats)

[1 to 8]: DRAG, BACK STEP CROSS R, DRAG, BACK STEP CROSS L, WALKS X4

1 2 & Long step to the right, step left behind, cross right over left

34 & Long step left, step right back, cross left over right
5678 Walk slowly making a $\frac{3}{4}$ turn to the right (9H) (Arm behind your back)

[9 to 16]: DRAG, BACK STEP CROSS R, DRAG, BACK STEP CROSS L, WALKS X4

12 & Long step to the right, step left behind, cross right over left
34 & Long step left, step right back, cross left over right
5678 Walk slowly making a $\frac{3}{4}$ turn to the right (6H) (Arm behind your back)

[17 to 24]: DRAG, BACK STEP CROSS R, DRAG, BACK STEP CROSS L, WALKS X4

12 & Long step to the right, step left behind, cross right over left
34 & Long step left, step right back, cross left over right
5678 Walk slowly, making a $\frac{1}{2}$ turn to the right (12H) (Arm behind your back)

END OF PARTS A or B: TAG: sway R, L, R, L (End of walls 1, 2, 3, 5)

SMILE FOR ME & ENJOY !!!
