

Heart of The South

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Low Intermediate
编舞者: Yvonne Anderson (SCO) & Rob Fowler (ES) - February 2021
音乐: It's a Southern Thing - Shane Owens : (iTunes)



Notes: Start on vocal, Tag end of wall 2 (facing 12) restart wall 5 after count 16& (facing 6)

[1-8] FRONT-SIDE-BEHIND-SWEEP, BEHIND-1/4 RIGHT-WALK, STEP-PIVOT 1/2 RIGHT-WALK, STEP-PIVOT 1/2 RIGHT-1/2 RIGHT-SWEEP

1&2& Step R across left, (&) Step L to left, Step R behind left, (&) Sweep L front to back [12]
3&4 Step L behind right, (&) Make 1/4 turn R stepping R forward, Walk forward L [3]
5&6 Step R forward, (&) 1/2 turn left taking weight on L, Step R forward, ([9]
7&8& Step L forward, (&) 1/2 turn right taking weight on R, 1/2 turn right stepping L back, Sweep R front to back [9]

[9-16] BEHIND-SIDE-CROSS, SIDE ROCK-RECOVER-CROSS, CROSS ROCK-RECOVER, SYNCOPATED WEAVE with 1/4 TURN LEFT

1&2 Step R behind left, (&) Step L to left, Step R across left [9]
3&4 Rock L to left, (&) Recover weight on R, Step L across right [9]
&5-6 (&) Step R to right, Rock L across right L knee is slightly bent, Recover weight on R
&7& (&) Step L to left, Step R across left, (&) Step L to left [9]
8& Step R behind left, (&) 1/4 turn left stepping L forward [6]

RESTART - during wall 5 dance through counts 1-16& - facing 6 o'clock, sweep R from back to front and restart dance

[17-24] ROCK FORWARD - RECOVER- 1/2 TURN RIGHT, STEP 1/4 TURN RIGHT, CROSS-BACK 1/8 LEFT-TOGETHER, RIGHT SHUFFLE FORWARD TO LEFT DIAGONAL

1-2& Rock R forward, Recover weight on L, (&) 1/2 turn right stepping R forward [12]
3-4 Step L forward, 1/4 turn right taking weight on right [3]
5&6 Step L across right, (&) 1/8 left stepping R back, Step L beside right [1.30]
7&8 Shuffle forward to left diagonal stepping R, L, R [1.30]

[25-32] MAMBO 1/2 TURN LEFT, FULL TURN, SIDE-ROCK BACK-RECOVER X 2, SWAY

1&2 Rock L forward, (&) Recover weight on R, 1/2 turn left step-in L forward [7.30]
3& 1/2 turn left stepping R back, 1/2 turn left stepping L forward [7.30]
4-5& 1/8 turn left stepping R long step to right, Rock L behind right, (&) Step R across left [6]
6-7& Step L long step to left, Rock R behind left, (&) Step L across right [6]
8& Step R to right and sway, {&} Recover weight on L [6]

Repeat - enjoy

TAG: at the end of wall two, facing 12 o'clock, add the following 4 count tag

1&2& Step R across left, (&) Step L to left, Step R behind left, (&) Sweep L front to back [12]
3&4 Step L behind right, (&) Step R to right, Step L across right [12]