

Heaven Help Me

COPPER KNOB
BY STEPHEN T. S.

拍数: 32 墙数: 2
编舞者: Nath SASSARO (FR) - April 2021
音乐: Heaven Help Me - Rob Thomas

级数: Absolute Beginner



Intro : 32 counts

SQ1 : Side Rock - Cross (R, L)

1-2 Step RF to R (1) Recover on LF (2)
3-4 Cross RF over LF (3) Hold (4)
5-6 Step LF to L (5) Recover on LF (6)
7-8 Cross LF over RF (7) Hold (8)

SQ2 : Rock Fwd - Back step - Coaster Step

1-2 Step RF fwd (1) Recover on LF (2)
3-4 Step RF back (3) Hold (4)
5-6 Step LF back (5) RF close to LF (6)
7-8 Step LF fwd (7) Hold (8)

SQ3 : Step Fwd - 1/4T -Cross- Side Step - 1/4T - Side Step - Cross

1-2 Step RF fwd (1) ¼ T to L (2) (weight on LF)
3-4 Cross RF over LF (3) Hold (4)
5-6 Step LF to L side (5) Step RF to R side as you make ¼ T to R (6)
7-8 Cross LF over RF (7) Hold (8)

SQ4 : Side step - Touch - ¼ T - Step Fwd - Touch (x2)

1-2 Step RF to R side (1) Touch LF next to RF (2) (keep your weight on RF)
3-4 ¼ T to L, as you step LF fwd (3) Touch RF next to LF (4) (keep your weight on LF)
5-6 Step RF to R side (5) Touch LF next to RF (6) (keep your weight on RF)
7-8 ¼ T to L, as you step LF fwd (3) Touch RF next to LF (4) (keep your weight on LF)

Ending : As you will be facing the front wall, stop after the coaster step (end of the SQ2)

Enjoy

RF= Right Foot - LF=Left Foot - R=Right - L= Left - Fwd= Foward

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