

You Chain My Heart

COPPER KNOB
BY SHEETS

拍数: 64 墙数: 2 级数: Intermediate / Advanced
编舞者: Heru Tian (INA) - July 2021
音乐: Chain My Heart - Topic & Bebe Rexha



Intro : 16 Counts - No Tag, No Restart

SECTION 1 : R,L PRISSY WALK- R MAMBO CROSS- ¼ UNWIND TURN L- ¼ UNWIND TURN BACK R- L BACK/R SWEEP- R SAILOR SIDE

12 Prissy Walk Rf Fwd (1), Prissy Walk Lf Fwd (2)
3&4 Rocking Rf To Side (3), Recover On Lf (&), Crossing Rf Over Lf (4)
56 Make A ¼ Unwind Turn L, Facing 9.00, Weight On Lf (5), Make A ¼ Unwind Turn R, Back To 12.00, Weight On Rf (6)
7 Stepping Lf Back, Sweeping Rf Front To Back (7)
8&1 Stepping Rf Behind (8), Stepping Lf Beside Rf (&), Stepping Rf To Side (1)

SECTION 2 : HOLD- L TOGETHER- R SIDE- L 1/8 TURN R HITCH-L BIG STEP BACK- HOLD- R COASTER STEP

2 Hold (2)
&3 Stepping Lf Together (&), Stepping Rf To Side (3)
4 Make A 1/8 Turn R Facing 1.30, Hitch Lf (4)
56 Take A Long Step Lf Back, Touch Rf Heel Fwd (5), Hold (6)
7&8 Stepping Rf Back (7), Stepping Lf Together (&), Stepping Rf Fwd (8)

SECTION 3 : L FWD- 1/8 TURN L CHUG (X3) - L BALL- R 1/8 TURN L FWD- L TOGETHER- R 1/8 TURN R BALL- L 1/8 TURN R FWD - R TOGETHER

1-4 Stepping Lf Fwd (1), Make A 1/8 Turn L Facing 12.00, Chug Rf To Side (2), 1/8 Turn L Facing 10.30, Chug Rf To Side (3), 1/8 Turn L Facing 9.00, Chug Rf To Side (4)
&56 Ball Lf On Place (&), 1/8 Turn L Facing 7.30, Stepping Rf Fwd (5), Stepping Lf Together (6)
&78 1/8 Turn R Facing 9.00, Ball Rf On Place (&), 1/8 Turn R Facing 10.30, Stepping Lf Fwd (7), Stepping Rf Together (8)

SECTION 4 : L,R POINT SWITCHES- L,R TOUCH SWITCHES- L TOUCH BACK- HOLD- BODY WAVE- L BACK- R TOGETHER- L BACK

1&2& Point Lf To Side (1), Close Lf Together (&), Point Rf To Side (2), Close Rf Together (&)
3&4& Touch Lf Fwd (3), Close Lf Together (&) Touch Rf Fwd (4), Close Rf Together (&)
56 Touch Lf Behind Rf (5), Hold (6)
&7&8 Body Wave (&), Finish Body Wave, Stepping Lf Back (7), Stepping Rf Together (&), Stepping Lf Back (8)

SECTION 5 : R 1/8 TURN R SIDEROCK- RECOVER- R CROSS- HINGE ½ TURN R- L CROSS SHUFFLE- R SIDEROCK- RECOVER- R CROSS

1&2 Make A 1/8 Turn R Facing 12.00, Rocking Rf To Side (1), Recovering On Lf (&), Crossing Rf Over Lf (2)
34 ¼ Turn R Facing 3.00, Stepping Lf Back (3), ¼ Turn R Facing 6.00, Stepping Rf To Side (4)
5&6 Crossing Lf Over Rf (5), Stepping Rf Together (&), Crossing Lf Over Rf (6)
7&8 Rocking Rf To Side (7), Recovering On Lf (&), Crossing Rf Over Lf (8)

SECTION 6 : L SIDE- R BEHIND- HOLD- SYNCOPATED WEAVE STEP- L ¼ TURN L FWD- R FWD- PIVOT ½ TURN L- R FWD

&12 Stepping Lf To Side (&), Crossing Rf Behind Lf (1), Hold (2)
&3&4 Stepping Lf To Side (&), Crossing Rf Over Lf (3), Stepping Lf To Side (&), Crossing Rf Behind Lf (4)

5-8 1/4 Turn L Facing 3.00, Stepping Lf Fwd (5), Stepping Rf Fwd (6), Make A ½ Pivot Turn L Facing 9.00, Weight On Lf (7), Stepping Rf Fwd (8)

SECTION 7 : L SYNCOPATED PRESS FWD/ L SHOULDER POP- R TOUCH FWD- R HEEL SWIVEL RIGHT & RETURN- R KICK BALL POINT- ¼ TURN L COASTER STEP

12& Press Lf Fwd, Pop Your Left Shoulder Up (1), Recovering On Rf (2), Stepping Lf Together (&)
3&4 Touch Rf Fwd (3), Swivel Rf Heel To Right (&), Swivel Rf Heel Return (4)
5&6 Kick Rf (5), Ball Rf In Place (&), Point Lf To Side (6)
7&8 Make A ¼ Turn L Facing 6.00, Stepping Lf Back (7), Stepping Rf Together (&), Stepping Lf Fwd (8)

SECTION 8 : R,L SYNCOPATED SIDE ROCK- R ROCK BACK- RECOVER- FULL TURN L

12& Rocking Rf To Side (1), Recovering On Lf (2), Close Rf Together (&)
34& Rocking Lf To Side (3), Recovering On Rf (4), Close Lf Together (&)
56 Rocking Rf Back (5), Recovering On Lf (6)
78 ½ Turn L Facing 12.00, Stepping Rf Back (7), ½ Turn L Facing 6.00, Stepping Lf Fwd (8)

START AGAIN....

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