

My Heart Starts Dancing

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Intermediate NC
编舞者: Tomas Ängshed (SWE) - December 2021
音乐: I Love You More - Avery Anna



Intro: after 16 counts

[1 - 9] Step fwd with sweep, cross, side, back with sweep, behind, $\frac{1}{8}$ L, prissy walks RL, rock fwd, recover, $\frac{3}{8}$ R, $\frac{1}{2}$ R, $\frac{1}{4}$ R

1 2&3 Step RF fwd sweep LF, cross LF over RF, step RF to side, step LF back sweep RF
4& Cross RF behind LF, turn $\frac{1}{8}$ L step LF fwd to L diagonal (10.30)
5 6 Walk RF fwd and slightly in front of LF, walk LF fwd and slightly in front of RF
7 & Rock RF over LF, recover to RF
8 & 1 Turn $\frac{3}{8}$ R step RF fwd (3.00), turn $\frac{1}{2}$ R step LF back (9.00), turn $\frac{1}{4}$ R step RF to side (12.00)

Restart here on wall 4

[10-17] Cross, $\frac{1}{4}$ L, side, ball, step fwd, walk, rocking chair, $\frac{1}{2}$ R with sweep

2 3 Cross LF over RF, make a $\frac{1}{4}$ hinge turn L stepping RF to side (9.00)
4&5 6 Step LF to side, step RF next to LF, step LF fwd, step RF fwd
7&8& Rock LF fwd, recover to RF, rock LF back, recover to RF
1 Turn $\frac{1}{2}$ R step LF back sweep RF back (3.00)

[18-25] Rock back, recover, $\frac{3}{4}$ L, side, cross, L basic, scissor step, ball, cross with sweep

2 & 3 Rock RF back, recover to LF, step RF fwd, spiral turn $\frac{3}{4}$ L (6.00)
4 & Step LF to side, cross RF over LF
5 6 & Step LF to side (big step), step RF behind LF, cross LF over RF
7& Step RF to side, step LF next to RF
8 & 1 Cross RF over LF, step LF next to RF Cross RF over LF sweep LF

Restart here on wall 5

[26-32] Cross, $\frac{3}{4}$ L, walk x3, back, $\frac{1}{4}$ L lunge, $\frac{1}{4}$ R, ball

2 3 Cross LF over RF, step RF to side and make $\frac{3}{4}$ spiral turn L (9.00)
4 & 5 Step LF fwd, step RF fwd, step LF fwd hitch RF
6 7 Step RF back, turn $\frac{1}{4}$ L rock LF to side (6.00)
8 & Recover to RF while turning $\frac{1}{4}$ R (9.00), step LF next to RF

(Turning option: recover to RF while turning $\frac{1}{4}$ R (9.00), step LF fwd and make a full spiral turn to R)

Contact: sprallemannen@gmail.com