

Heart of Steel

COPPER KNOB
BY SHEETS

拍数: 40 墙数: 2 级数: Phrased Beginner / Improver
编舞者: Mark Treacy (USA) - December 2021
音乐: Heart of Steel (feat. Irma Thomas) - Galactic



#40 count intro

Sequence: A - B - Special - A - B - Tag (12 Times) - B - A

Pattern A: 8 counts (REPEAT FOUR TIMES)

A[1-8] PRETTY GIRL, 1/2 TURN CHA CHA

1-2-3-4 1) Side R; 2) Cross R over L; 3) Side L; 4) Cross L over R
5-6-7&8 5) Side R; 6) Cross R over L; 7&8) Cha Cha 1/2 Turn L-R-L

Pattern B: 32 counts

B[1-8] CHA CHA IN PLACE, WALK

1&2-3&4 1& 2) Cha Cha in Place R-L-R; 3&4) Cha Cha in Place L-R-L
5-6-7-8 5) Walk R; 6) Walk L; 7) Walk R; 8) Walk L

B[9-16] CHA CHA BACK, STEP ROLL

1&2-3&4 1& 2) Cha Cha back R-L-R; 3&4) Cha Cha back L-R-L
5&6-7&8 5& 6) Step fwd R and Roll Hips; 7&8) Roll Hips

B[17-24] CHA CHA IN PLACE, WALK

1&2-3&4 1& 2) Cha Cha in Place R-L-R; 3&4) Cha Cha in Place L-R-L
5-6-7-8 5) Walk R; 6) Walk L; 7) Walk R; 8) Walk L

B[25-32] CHA CHA BACK, WALK BACK, ROCK EASY 1/2 TURN

1&2-3&4 1& 2) Cha Cha back R-L-R; 3&4) Cha Cha back L-R-L
5&6-7-8 5) Walk back R; 6) Walk back L; 7) Step back R; 8) Reverse 1/2 Turn

Special (Giddy Up/Ride):

GIDDY UP/RIDE [6:00]

1&2&3&4&) Ride Your Horse Giddy Up on R (R-L-R-L-R-L-R-L)
1&2&3&4&
5&6&7 8 5&6& 7) Ride Your Horse Giddy Up (R-L-R-L-R); 8) Hold

Tag (Deep Down Inside) REPEAT 12 TIMES, Optional: Close Your Eyes*

***Remember to Open Your Eyes**

1/4 TURN CHA CHA IN PLACE, CHA CHA IN PLACE

1&2-3&4 Turn 1/4 Right 1&2) Cha Cha in Place R-L-R; 3&4) Cha Cha in Place L-R-L