

Steady Heart

COPPER KNOB
STEPSHEETS

拍数: 52 墙数: 2 级数: Intermediate
编舞者: Karen Knight (UK) - April 2022
音乐: Steady Heart - Kameron Marlowe



Intro: Start after count 16

Section 1: Step Touch, Back Kick, Back Shuffle, Back Rock, Step, Close, Left Shuffle

1&2& Step right forward. Touch left beside right. Step left back. Kick right forward
3&4 Step right back. Step left beside right. Step right back
5&6& Rock back on left. Recover on right. Step left forward. Step right beside left
7&8 Step left forward. Step right beside left. Step left forward

Section 2: 1/2 Turn, Sweep, Behind, Side, Cross Shuffle, Side Rock, Behind, Side, Cross Shuffle

1& Turn 1/2 left stepping right back (6:00). Sweep left
2& Cross left behind right. Step right to right side
3&4 Cross left over right. Step right to right side. Cross left over right ***
5& Rock to side on right. Recover on left
6& Cross right behind left. Step left to left side
7&8 Cross right over left. Step left to left side. Cross right over left

Section 3: Forward Rock, 1/2 Shuffle, Forward Rock, 1/4 Chasse Right

1,2 Turn 1/8 left rocking forward on left (4:30). Recover on right #**
3&4 Turn 1/4 left stepping left to left side. Step right beside left. Step left 1/4 turn left (10:30)
5,6 Rock forward on right. Recover on left
7&8 Turn 1/4 left stepping right to right side (1:30). Step left beside right. Step right to right side

Section 4: 3 Step Jazz Box x 2, Back Rock, Step, Right Shuffle

1&2 Cross left over right. Turn 1/8 left stepping right back (12:00). Step left to left side
3&4 Cross right over left. Turn 1/8 right stepping left back (1:30). Step right to right side
5&6 Rock back on left. Recover on right. Step left forward
7&8 Step right forward. Step left beside right. Step right forward

Section 5: Cross, Back, 1/4 Turn, Touch

1,2 Cross left over right. Turn 1/8 right stepping right back (3:00)
3,4 Turn 1/4 right stepping left back (6:00). Touch right beside left *

Section 6: 1/4 Fallaway, Touch, 1/4 Fallaway, Close, Sailor Step x 2

1& Step right to right side. Turn 1/8 left stepping left back (4:30)
2& Turn 1/8 left stepping right back (3:00). Touch left beside right
3& Step left to left side. Turn 1/8 left stepping right forward (1:30)
4& Turn 1/8 left stepping left forward (12:00). Step right beside left
5&6 Cross left behind right. Step right to right side. Step left to left side
7&8 Cross right behind left. Step left to left side. Step right to right side

Section 7: 1/4 Fallaway, Touch, 1/4 Fallaway, Close, Sailor Step x 2

1& Step left to left side. Turn 1/8 right stepping right back (1:30)
2& Turn 1/8 right stepping left back (3:00). Touch right beside left
3& Step right to right side. Turn 1/8 right stepping left forward (4:30)
4& Turn 1/8 right stepping right forward (6:00). Step left beside right
5&6 Cross right behind left. Step left to left side. Step right to right side
7&8 Cross left behind right. Step right to right side. Step left to left side

Step Change: # Wall 3 (12:00) after 18 Counts (facing 6:00)

#3/8 Shuffle

3&4 Turn 1/8 left stepping left to left side. Step right beside left. Step left 1/4 turn left (12:00)

Restarts:-

*** Wall 1 (12:00) after 36 Counts (restart facing 6:00)**

**** Wall 3 after Step Change**

***** Wall 5 (6:00) after 12 Counts (restart facing 12:00)**
