

# The Heart ♥

**COPPER** KNOB  
STEPSHEETS

拍数: 55      墙数: 2      级数: Phrased Intermediate  
编舞者: Jan Eikenbroek (NL) - June 2022  
音乐: The Heart - NEEDTOBREATHE



**Intro: 4 counts**

**Sequence: AA, B, AA, B\*, CC, DD, AA, BBB\*, CC, BB\*, CCCC, DD, CC-end**

**Section A: 7 counts**

**Shuffle R, Shuffle L, Rock & Back, ½ Turn L**

1&2      RF step forward & LF next to R, RF step forward  
3&4      LF step forward & RF next to LF, LF step forward  
5&6      RF rock forward & LF recover weight, RF step behind  
7      LF ½ turn left, step forward

**Section B: 16 counts**

**Vauxdeville Right, Vauxdeville Left**

1-2      RF step to right side, LF cross behind RF  
&3&4      RF next to LF, LF heel diagonal left forward, LF close next to RF, RF cross over LF  
5-6      LF step to left side, RF cross behind LF  
&7&8      LF next to RF, RF heel diagonal right forward, RF close next to LF, LF cross over RF

**Rock, Recover, Shuffle ½ Turn Right, Rock, Recover, Coaster Step**

1-2      RF rock forward, LF recover weight  
3&4      RF ¼ turn right, LF next to RF, RF ¼ turn right  
5-6      LF rock forward, RF recover weight  
7&8      LF step behind, RF next to LF, LF step forward

**\* Option: step 7&8 full turn left**

**Section C: 16 counts**

**Stamp (clap) Sailor Step ¼ Left, Stamp (clap) Sailor Step ¼ Left**

1-2      RF stomp forward, Rest (clap)  
3&4      LF step behind ¼ turn left, RF next to LF, LF step forward  
5-6      RF Stomp forward, Rest (clap)  
7&8      LF step behind ¼ turn left, RF next to LF, LF step forward

**Rock, Recover, Shuffle ½ Turn Right, Pivot ½ Turn Right, Shuffle Forward**

1-2      RF rock forward, LF recover weight  
3&4      RF ¼ turn right, LF close next to RF, RF ¼ turn right  
5-6      LF step forward, LF + RF pivot ½ turn right  
7&8      LF step forward, RF close next to LF, LF step forward

**Section D: 16 counts**

**Kick Ball Cross, Side Rock, Recover ¼ Left, Kick Ball Step, Full Turn Left**

1&2      RF kick forward, RF recover weight, LF cross over RF  
3-4      RF side rock, LF recover ¼ turn left  
5&6      RF kick forward, RF recover weight, LF step forward  
7-8      RF step forward ½ turn left, LF step behind ½ turn left

**Option: step 7-8 walk walk**

**Rock Forward ¼ Left, Cross Shuffle, Side Rock, Cross Shuffle**

1-2      RF rock forward ¼ left, LF recover weight  
3&4      RF cross over LF, LF slightly step left, RF cross over LF

5-6                LF side rock, RF recover weight  
7&8                LF cross over RF, RF slightly step right, LF cross over RF

**\*\* Ending:**

**Dance C 8 counts (first section) then, Step ½ Turn Left, Drag Left Foot and Close**

1-2                RF step forward, RF ½ turn left, LV drag next to RF

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