

This Old Heart

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Diana Bishop (AUS) - September 2022
音乐: This Old Heart - Ronnie Dunn



No Tags- No Restarts

STEP R, L BEHIND, TURN ¼ R, TRIPLE STEP

1.2.3&4 Step R To R, Step L Behind R, Turn ¼ To R, Step R,L,R On Spot

L FWD, ½ PIVOT TURN R, TRIPLE STEP

5.6.7&8 Step L Fwd, Turn ½ R, Step L,R,L On Spot,

STEP R, L BEHIND, STEP R, & L, OVER R, HOLD

1.2.&3.4 Step R To R, Step L Behind R, & Step R To R, Step L Over R, Hold

STEP R, RECOVER ON L, CROSS SHUFFLE TO L ON R,L,R

5.6.7.8 Rock To R, On To R, Step L To L, Cross Shuffle To L On R,L,R

STEP L TO L, HIP BUMPS X 4 TO L

1-4 Step L To L Side, Hip Bump L Hip To L (L,L,L,L,) Leaning To L Arms To Sides Or Over Head
Clasped At Top Of Head

5&6&7&8 Step R Behind Left & Step L To L & Step R Over L, & Step L & Step R Behind L, & Step L To
L, Tap R Next To L

MONTEREY TURN ½ R

1-4 Point R To R Side, Turn ½ To R, Pivot On Toes Of L, As You Turn, Bring R Next To L,
Change Full Weight Onto R, Point L Out To L, Bring L Next To R To Tap L Next To R

3 X TOE TAPPING PADDLES TURNING ¼ TO R, STEP L NEXT TO R FULL WIEGHT ONTO L

5&6&7&8 3 X Toe Taps , Fwd With L Toes , Turning ¼ To R Weight On R Toe In The Turn, Bring L
Next To R, Full Weight, To Start Again