

Bleeding Heart

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Sandy Kerrigan (AUS) - January 2023
音乐: Heart - Amber Lawrence : (Spark / iTunes)



Dance Info: Dance starts wt on L –Feet Apart - Dance Starts on lyrics
BPM [112:] Track Length 3:22 – 1 Restart facing 3:00
Dance first 8 counts of wall 5 - & Step L next to R: Restart at 3:00

Side Rock Step, Cross, Tap, Step Back, Sweep Back, Behind, Side, Cross, Side Rock Turn ¼ Fwd 3:00

1 2 Rock R to R Side, Replace to L
& 3 & 4 Cross R over L, Tap L behind R Heel, Step Back L, Sweep R Back Behind L
5 & 6 Cross R Behind L, Step L to L Side, Cross R over L
7 8 L Side Rock, Turning ¼ R-Step Fwd R

Wall 5 Restart at 3:00: Add a Step: Step Fwd L: Restart*

Cross, Point, Cross, Point, Behind, Side, Cross, Side Rock Step 3:00

1 2 3 4 Cross L over R, Point R to R Side, Cross R over L, Point L to L Side
5 & 6 Cross L Behind R, Step R to R, Cross L over R
7 8 Rock R to R Side, Replace L to L Side

Push Turn ¾ R-Fwd R, ½ R-Step Back L, Back Lock Shuffle, Back Rock Step, Fwd Lock Shuffle 6:00

1 2 Push of Ball L-Turn ¾ R to 12:00-Step Fwd R, Turning ½ R-Step Back on L 6:00
3 & 4 5 6 Step Back R, Lock L over R, Step Back R, Rock Back on L, Replace Fwd to R
7 & 8 Step Fwd L, Lock R Behind L, Step Fwd L

½ L Step Back, Hold 12:00, ¼ L Ball Cross, Hold 9:00, Side Rock Step, L Cross Shuffle 9:00

1 2 Turning ½ L-Step Back R, Hold 12:00
& 3 4 Turning ¼ L-Step Ball of L to L Side, Cross R over L (ball cross turn), Hold
5 6 7 & 8 L Side Rock , Replace to R Side, Cross L over R, Step R to R, Cross L over R

Note: There is one Restart & Step change: As above**

Dancing the back lock 3 & 4: Turn your torso diagonally back Right.

This is the sister dance to Braveheart.