

# Heart Shaped Bruise

COPPER KNOB  
BY STEPHENETS

拍数: 48                      墙数: 1                      级数: Phrased Advanced NC  
编舞者: Guillaume Richard (FR) & Mike Liadouze (FR) - May 2023  
音乐: Thinking of You - Elias



Introduction: After 1s (On the word « days »)  
Sequence: A A B (28 counts) A A A B A B A

The dance starts facing 6 o'clock wall

**PART A (16 counts) :**

**[1-8] STEP & SWEEP BACK  $\frac{5}{8}$  TURN, RUN BACK x2, ROCK BACK, FULL TURN TO LUNGE FWD, RUN BACK x2, LUNGE SIDE, ROLLING VINE**

1                       $\frac{1}{8}$  turn R... Step RF forward (1:30)  
2&3                   $\frac{1}{2}$  turn R leaving LF sweep back... Step LF back, Step RF back, Rock LF back  
4&5                  Recover on RF forward,  $\frac{1}{2}$  turn R... Step LF back,  $\frac{1}{2}$  turn R... Lunge RF forward reaching L arm forward (1:30)  
6&7                  Step LF back, Step RF back,  $\frac{1}{8}$  turn L... Lunge LF side bending L knee (12:00)  
8&                     $\frac{1}{4}$  turn R... Step RF forward,  $\frac{1}{2}$  turn R... Step LF back (9:00)

**[9-16] OUT, OUT, BALL STEP  $\frac{1}{2}$  TURN, OUT, OUT,  $\frac{1}{4}$  STEP FWD, STEP  $\frac{1}{2}$  TURN STEP,  $\frac{1}{2}$  STEP BACK**

1-2                   $\frac{1}{4}$  turn R... Step RF side (Out), Step LF side (Out) (12:00)  
&3                    Step RF together, Step LF forward  
4&5                   $\frac{1}{2}$  turn R... Step RF forward, Step LF diagonally forward (Out), Step RF diagonally forward (Out) bending R knee (6:00)  
6                      $\frac{1}{4}$  turn L... Step LF forward (3:00)  
7&8&                Step RF forward,  $\frac{1}{2}$  turn L... Step LF forward, Step RF forward,  $\frac{1}{2}$  turn R... Step LF back (3:00)

At the end of part A : add  $\frac{3}{8}$  turn R... to restart the dance stepping RF forward (7:30)

On first two part A : raise R hand above head (1), raise L hand above head crossing wrists (2), free hands down to side (&3-4), raise R hand head level (&), raise L hand head level (5), close hands rolling fingers to interpret the word « Mind » and let hands go down (6)

**PART B (32 counts) :**

**[1-8] STEP & SWEEP FWD  $\frac{1}{2}$  TURN, MAMBO  $\frac{1}{4}$  TURN, MAMBO FWD, BEHIND  $\frac{1}{4}$  STEP, FULL TURN**

1                     Step RF forward (7:30)  
2&3                   $\frac{1}{2}$  à D sweeping LF forward... Rock LF forward, Recover on RF back,  $\frac{1}{4}$  turn L... Step LF forward (10:30)  
4&5                  Rock RF forward, Recover on LF back, Step RF back kicking LF forward  
6&7                  Cross LF behind RF,  $\frac{1}{8}$  turn R... Step RF side,  $\frac{1}{8}$  turn R... Step LF forward prepping body to R (1:30)  
8&                     $\frac{1}{2}$  turn L... Step RF back,  $\frac{1}{2}$  turn L... Step LF forward (1:30)

**[9-16]  $\frac{1}{4}$  SIDE ROCK REACHING OUT, STEP LOCK BACK, FULL TURN SWEEP BACK, BOW DOWN, OUT OUT IN, MAMBO**

1                      $\frac{1}{4}$  turn L... Rock RF side kicking LF and reaching R arm out as you look to side on word « You » (10:30)  
2&3                  Step LF side, Lock RF over LF,  $\frac{1}{8}$  turn R... Step LF diagonally back (12:00)  
4-5                   $\frac{1}{2}$  turn R... Step RF forward,  $\frac{1}{2}$  turn R... Step LF back sweeping RF back (12:00)  
6                     Finish sweep pointing RF behind LF as you bow down to interpret word « Down »  
7&a                  Raise back up stepping RF side (Out) on ball of foot, Step LF side (Out) on ball of foot, Step RF together (In)  
8&                    Rock LF forward, Recover on RF back (6:00)

**[17-24] FULL TURN BACK, STEP BACK, COASTER MAMBO  $\frac{1}{4}$  LUNGE SIDE,  $\frac{1}{4}$  STEP FWD, CHASE  $\frac{1}{2}$**

## **TURN MAMBO**

- 1-2            ½ turn L... Step LF forward, ½ turn L leaving RF sweep back... Step RF back (12:00)  
3&4&        Step LF back, Step RF together, Rock LF forward, Recover on RF back,  
5-6            ¼ turn L... Lunge LF side bending L knee and pushing R hand across chest, ¼ turn R...  
                 Recover on RF forward (12:00)  
7&8&        Step LF forward, ½ turn R... Step RF together, Rock LF forward, Recover on RF back (6:00)

## **[25-32] ¼ LUNGE SIDE, ¼ STEP FWD, FULL TURN SPIRAL, STEP LOCK, SERPIENTE**

- 1-2            ¼ turn L... Lunge LF side bending L knee and pushing R hand across chest, ¼ turn R...  
                 Recover on RF forward (6:00)  
3              Step LF forward spiral full turn R hooking RF over L leg ... (6:00)  
4&            Step RF forward, Lock LF behind RF

### **Restart here on first part B**

- 5              Step RF forward sweeping LF forward  
6&7          Cross LF over RF, Step RF side, Cross LF behind RF sweeping RF back  
8&            Cross RF behind LF, Step LF side

**Last Update: 18 May 2023**

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