

My Heart Goes

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Cameron Stuart (USA) & River Sadlon (CAN) - August 2023
音乐: Head & Heart (feat. MNEK) - Joel Corry



INTRO: 16 COUNTS

[1-8]: KICK-BALL-STEP X2, ROCK, RECOVER, TRIPLE 1/2 TURN

1&2 1)Kick R forward, &)Step ball of R next to L, 2)Step forward on L
3&4 3)Kick R forward, &)Step ball of R next to L, 4)Step forward on L
5-6 5)Rock forward on R, 6)Recover on L
7&8 7)1/4 turn right stepping on R, &)Step together with L, 8)1/4 turn right stepping on R

[9-16]: ROCK 1/4 TURN, CROSS TRIPLE STEP, POINT R-L-R, HITCH, STEP

1-2 1)Step forward on L, 2) 1/4 turn R shifting weight to R
3&4 3)Cross L over R, &)Step R to R side, 4)Cross L over R
5&6& 5)Point R to R side, &)Step R next to L, 6)Point L to L, &)Step L next to R
7&8 7)Point R to R side, &)Hitch R knee in front, 8)Step R to R side

[17-24]: SAILOR STEP, BEHIND-SIDE-CROSS, 1/4 TURN X2, BEHIND-SIDE-CROSS

1&2 1)Step L behind R, &)Step R to R side, 2)Step L to L side
3&4 3)Step R behind L, &)Step L to L side, 4)Cross R over L
5-6 5)Step L to L side making 1/4 turn L, 6)Step forward on R making 1/4 turn L
7&8 7)Step L behind R, &)Step R to R side, 8)Cross L over R

[25-32]: DOROTHY STEP X2, MAMBO STEP, COASTER STEP

1-2& 1)Step diagonal out with R, 2)Step L behind R, &)Step forward on R
3-4& 3)Step diagonal out with L, 4)Step R behind L, &)Step forward on L
5&6 5)Rock forward on R, &)Recover on L, 6)Step back on R
7&8 7)Step back on L, &)Step R next to L, 8)Step forward on L
