

# Rhythm of My Heart

**COPPER KNOB**  
STEPPERS

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Claire Cherry (AUS) - October 2023  
音乐: Rhythm of My Heart - Rod Stewart : (iTunes / Spotify)



Tags: End of Walls 3, 4 & 8

Restart: Wall 6 - 24 counts (with step change)

Intro: 48 counts (optional intro – see below)

Optional INTRO: when the heavy beat starts after 32 counts

1-8                      Right hand slowly raises right side with right heel bounces  
9-16                     Right hand forms fist and slowly comes down in front of body with right heel bounces

**[1 – 8] DOROTHY, SIDE, BEHIND, SIDE, CROSS ROCK RECOVER, STOMP, HEEL BOUNCE (12.00)**

1-2&                     Step right to right diagonal, lock left behind right, step right to right diagonal  
3-4&                     Step left to left, step right behind left, step left to left side  
5-6                      Cross rock right over left, recover weight onto right  
7&8                      Stomp right to right side, lift right heel (&), tap heel down (8) weight on left (12.00)

**[9 – 16] ¼ VINE, ½ TURN WITH KNEE POP, WALK BACK X2, ROCK BACK RECOVER (9.00)**

1-2                      Step right to right, step left behind right,  
3-4                      ¼ right step right forward, ½ right stepping back on left pop right knee (9.00)  
5-6                      Walk back right, left  
7-8                      Rock back onto right and pop left knee, replace weight onto left

**[17 – 24] WALK x2, SHUFFLE FWD, ¼ PIVOT, CROSS, SIDE (12:00)**

1 2                      Walk forward right, left  
3&4                      Step forward right, step left beside right, step forward right  
5-6                      Step forward left, pivot ¼ turn over right shoulder transfer weight onto right (12.00)  
7-8                      Cross left over right, step right to right side

**\*\*\* RESTART here on Wall 6 with step change\*\*\***

**[25 – 32] BEHIND, POINT, CROSS SHUFFLE, SIDE ROCK, RECOVER, ¼ SAILOR (9.00)**

1 2                      Cross left behind right, point right to right side  
3&4                      Cross right over left, small step left to side, cross right over left  
5-6                      Step left to left side with a body sway, recover weight on right  
7&8                      Cross left behind right, ¼ left stepping right to right side, step left to left side (9.00)

**TAGS:**

**END OF WALL 3 (9.00) & WALL 4 (12.00) : SINGLE ROCKING CHAIR**

**END OF WALL 8 (12.00) : DOUBLE ROCKING CHAIR (REPEAT TAG)**

1-2                      Rock forward onto right foot, replace weight onto left  
3-4                      Rock back onto right, replace weight onto left

**RESTART: WALL 6 – 23 counts then replace count 24 with  
Right touch to right side**

**ENDING: END OF WALL 9 – sailor step at 12.00 (no ¼ turn)**

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