

Isolate My Heart

COPPERKNOB
STEPSHEETS

拍数: 128 墙数: 1 级数: Phrased Intermediate
编舞者: Emily Lee (TW) & Melody Lee (TW) - November 2023
音乐: Wo Xin Yi Da Yang (我心已打烊) - A-Lin (黄丽玲)



Sequence: A1 B Tag A2 B C A1 B C ...A1:64 A2:60 B:32 C:32 Tag:4

A1&2 S1: Hand Sit+Snap, Toe Struts

1 2 Right hand up(1) Sit on right foot ,put down right hand and snap (2)
3 4 Hold ,look down to right (3 4)
5 6 facing 9h Cross LF on toe(5) Drop LF heel (6)
7 8 facing 12h Step RF fwd on toe(7) Drop RF heel (8)

A1 S2: 1/2Turn ,Charleston, 1/2Turn

1 2 Step LF fwd (1) Turn 1/2R weight on RF(2) 6h
3 4 Step LF fwd (3) Kick RF fwd (4)
5 6 Step RF back (5) LF point back(6)
7 8 Step LF fwd (7) Turn1/2R weight on RF(8) 12h

****A2 :Step LF fwd(1) Turn 1/2R weight on RF(2) Step LF fwd(3) Turn 1/2R weight on RF(4) skip other 4 counts , then continue following steps**

A1&2 S3: Hand ,Sit+Snap, Toe Struts

1 2 Left hand up(1) Sit on left foot, put down left hand and snap(2)
3 4 Hold, Look down to left (3 4)
5 6 facing 3h Cross RF on toe(5) Drop RF heel(6)
7 8 facing 12h Step LF fwd on toe(7) Drop LF heel(8)

A1&2 S4: 1/2Turn ,Charlston, 1/2 Turn

1 2 Step RF fwd(1) Turn 1/2L weight on LF(2) 6h
3 4 Step RF fwd(3) Kick LF fwd(4)
5 6 Step LF back(5) RF point back(6)
7 8 Step RF fwd(7) Turn 1/4L weight on LF(8) 3h

A1&2 S5: Samba x2, Grind 1/4 back, Back rock

1&2 Cross RF over LF(1) Rock LF to the left(&) Recover to RF(2)
3&4 Cross LF over RF(3) Rock RF to the right(&) Recover to LF(4)
5 6 Cross RF over LF on heel (5) Turn1/4 R step LF back(6) 6h
7 8 Step RF back (7) Recover to the LF (8)

A1&2 S6: Turn1/4 Cross shuffle, Mambo, Rock,Coaster

1&2 Turn1/4 R Cross RF over LF(1) Step LF side(&) Cross RF over LF(2) 9h
3&4 Step LF to the left(3) Recover to the RF(&)Step LF beside RF(4)
5 6 Rock RF fwd(5)Body roll down ending with weight on LF(6)
7&8 Step RF back(7) Step LF beside RF(&) Step RF fwd(8)

A1&2 S7: Fwd Mambo, Back Mambo, Turn1/4 Jazzbox

1&2 Step LF fwd(1) Recover to the RF(&) Step LF back(2)
3&4 Step RF back(3) Recover to the LF(&) Step RF fwd(4)
5 6 7 8 Cross LF over RF(5) Step RF back(6) Turn1/4L step LF side(7) Point RF side(8)6h

A1&2 S8: Weight on R L,Turn1/2, Point&Point, Walk Walk

1 2 Change weight to RF(1) Change weight to LF(2)

3 4 Turn 1/2 R weight on RF(3) Step LF beside RF(4) 12h
5&6& Point RF to right side(5) Step RF beside LF(&) Point LF to left side(6) Step LF beside RF(&)
7 8 Walk R-L (7 8)

B S1: Disco style point ,Hands movement+bounce

1 2 Right hand index finger point up, weight on RF(1) Left hand index finger up, weight on LF(2)
3 4 Right hand index finger point up, weight on RF(3) Hitch LF , Slap right hand on left thigh(4)
5 6 7 8& Move both hands from center to both side+bounce both heels(5678) Step RF beside LF(&)

B S2: Side,Together,Side,Touch,Kick ball cross,Side,Touch

1 2& Weight on RF+Point LF side(1) Change weight to LF(2) Step RF beside LF(&)
3 4 Step LF side(3) Touch RF beside LF(4)
5&6 7 8 Kick RF diagonal(5) Drop RF(&) Cross LF over RF(6) Step RF side(7) Touch LF beside RF(8)

B S3: Disco style point, Hands movement+bounce

1 2 Left hand index finger point up, weight on LF(1) Right hand index finger up, weight on RF(2)
3 4 Left hand index finger point up, weight on LF(3) Hitch RF, Slap left hand on right thigh(4)
5 6 7 8& Move both hands RF from center to both side +bounce both heels(5678) Step LF beside RF(&)

B S4: Side ,Together, Side, Touch,Kick ball cross, Side, Touch

1 2& Weight on LF+Point RF side(1) Change weight to RF (2) Step LF beside RF(&)
3 4 Step RF side(3) Touch LF beside RF(4)
5&6 7 8 Kick LF diagonal(5) Drop LF(&) Cross RF over LF(6) Step LF side(7) Touch RF beside LF(8)

Tag: Step fwd, Turn 1/2, Step fwd, Turn 1/2

1 2 3 4 Step RF fwd(1) Turn 1/2L weight on LF(2) Step RF fwd(3) Turn 1/2L weight on LF(4) 12h

C S1: Back, Back, Turn 1/2, Fwd, Fwd, Turn 1/2, Triple steps

1 2 3 4 Step RF back, hold (1 2) Step LF back(3) Turn 1/2R step RF fwd(4) 6h
5 6 7 8& Step LF fwd , hold (5 6) Step RF fwd(7) Turn 1/2L weight on LF(8) Step RF beside LF(&) 12h

C S2: Walk L R, Jazz box steps

1 - 4 Step LF fwd, hold(1 2) Step RF fwd, hold(3 4)
5 6 7 8 Cross LF over RF(5) Step RF back(6) Step RF side(6) Cross LF over RF(8)

C S3: Side, Back rock x2

1 2 3 4 Step LF side , hold (1 2) Step RF behind (3) Recover to the LF (4)
5 6 7 8 Step RF side, hold (5 6) Step LF behind (7) Recover to the RF (8)

C S4: Skatex2, Sailor steps, Back hook, Unwind

1 2 3 4 Skate LF (1 2) Skate RF (3 4)
5&6 Step LF behind(5) Step RF side(&) Step LF side(6)
7 8 Hook RF behind LF (7) Unwind full turn R (8)
