

# Heimlich nach Dir gesehnt

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: High Beginner  
编舞者: Yura Kim (KOR) - May 2024  
音乐: Heimlich nach dir gesehnt - Wolkenfrei



Start on the Lyric (Start at approx. 32 secs)

No Tag & No Restart

## SEC 1 [1-8] WARK (R-L-R), HITCH, STEP WITH BODY ROLL

1, 2            Step RF fwd, Step LF fwd  
3, 4            Step RF fwd , LF back stepping hitch R knee  
5&6            Toch RF in Place with body roll(4 counts) (12:00)

## SEC 2 [9-16] SWIVEL \* 4 , JAZZ BOX 1/2 R

1, 2            RF Back Stepping Swivel LF toe out, LF Back Stepping Swivel RF toe out  
3, 4            Repeat(1,2)  
5, 6            Cross RF over LF, Turn 1/4 R Stepping LF Back (3:00)  
7, 8            Turn 1/4 R Stepping RF Side, Toch LF beside RF (6:00)

## SEC 3 [17-24] FWD RECOVER, SIDE RECOVER, L SAILOR, Cross Samba

1, 2            Rock LF fwd, Recover weight on RF  
3, 4            Step LF to L , Recover on RF  
5&6            Step LF Back, Step RF to R, Step LF to L  
7&8            Cross R over L, Rock L to left side, recover R

## SEC 4 [25-32] JAZZ BOX 1/4 L , L CHASSE, R COASTER

1, 2            Cross LF over RF, Turn 1/4 L Stepping RF Back(3:00)  
3&4            Side LF to L, Step RF next to LF, Side LF to L  
5, 6            Rock RF fwd, Recover weight on LF  
7&8            Step RF back, step LF together, step RF fwd (3:00)

## SEC 5 [33-40] L SIDE, TOGETHER, FWD LOCK STEP, R SIDE, L TOCH

1, 2            Step LF to L, Step RF next to LF  
3, 4            Step LF Fwd, Rock cross RF behind LF  
5&6            Step LF fwd, Step RF behind LF, Step LF Fwd  
7, 8            Step RF to R, Toch LF next to RF (3:00)

## SEC 6 [41-48] TURN 1/4 L ,TOCH, SIDE TOGETHER, CROSS ROCK , CROSS SHUFFLE

1, 2            Turn 1/4 L Stepping LF Side, Toch RF next to LF (12:00)  
3, 4            Step RF to R, Step left together(weight on left)  
5, 6            Cross RF over LF, Rock LF Behind RF  
7&8            RF Cross over LF, LF Beside RF, RF Cross over LF

## SEC 7 [49-56] 1/4 L TURN FWD, FWD LOCK STEP, STEP R MAMBO WITH HIP ROLL, TOGETHER(R), TOCH(L)

1, 2            Turn 1/4 L Stepping Fwd on LF, Rock cross RF behind LF (9:00)  
3&4            Step LF fwd, step RF behind LF, step LF fwd  
5,6            Step RF to R side while rolling hips clockwise, Recover weight L  
7,8            Step RF beside LF, Toch LF next to RF

## SEC 8 [57-64] R COASTER, HIP SWAY(R-L-R) , TOCH(R)

1, 2            Rock LF fwd, Recover weight on RF  
3&4            Step LF back, step RF together, step LF fwd (3:00)

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Step RF to R side with HIP SWAY(R-L-R), Toch RF beside LF(weight on left)(9:00)

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