

A Heart Needs a Home (4 LDF)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Improver
编舞者: Darren Tubridy (UK) & David Sinfield (UK) - July 2024
音乐: A Heart Needs A Home - Sannex : (iTunes or Deezer Music)



#32 count intro

CHASSE 1/4 TURN RIGHT, LEFT CHASSE 1/4 TURN RIGHT, BACK ROCK, KICK BALL CHANGE

1&2 Step R to R side, Close L beside R, Step R into 1/4 turn R
3&4 Step L into a 1/4 turn R to L side, Close R beside L, Step L to L side
5-6 Rock back on R, replace weight on to L (angling body to 7.30)
7&8 Kick R foot forward, Step R foot down, Step L beside R

ROCK FORWARD, SHUFFLE 1/2 TURN RIGHT, L CHASSE 1/4 TURN R, SAILOR STEP

1-2 Rock forward R, replace weight on to L
3&4 Shuffle 1/2 turn R stepping R/L/R
5&6 Step L into a 1/4 turn R, close R beside L, Step L to L side (Squaring up to 3.00)
7&8 Cross R behind L, step L slightly L, step R slightly R

CROSS, SIDE, BEHIND SIDE 1/4 TURN RIGHT, ROCK FORWARD, COASTER STEP

1-2 Cross L over R, Step R to R side
3&4 Cross L behind R, step R to R side, step L into 1/4 turn R stepping forward
5-6 Rock forward R, Replace weight on to L
7&8 Step R back, step L beside R, step forward R

ROCK FORWARD, SHUFFLE 1/2 L PIVOT 1/2 L, KICK BALL CHANGE

1-2 Rock forward L, replace weight on to R
3&4 Shuffle 1/2 L stepping L/R/L
5-6 Step forward R, pivot 1/2 turn L
7&8 Kick R foot forward, Step R foot down, Step L beside R

TAG AT THE END OF WALL 4

MONTEREY 1/2 TURN R, ROCK STEP, COASTER STEP

1-2 Touch R to R side, on the ball of L spin 1/2 turn R
3-4 Touch L to L side, bring L into R
5-6 Rock forward R, replace weight on to L
7&8 Step R back, step L beside R, Step forward R

STEP PIVOT 1/2 TURN R, LEFT SHUFFLE FORWARD, KICK BALL CHANGE X2

1-2 Step forward L, Pivot 1/2 turn R
3&4 Step forward L, close R beside L, Step forward L
5&6 Kick R foot forward, Step R foot down, Step L beside R
7&8 Kick R foot forward, Step R foot down, Step L beside R

This Dance was choreographed for the First annual LDF event in Northern Ireland

Last Update: 22 Jul 2024