

Me My Heart And I

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
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音乐: Me, My Heart and I - Shirley Ann & The Country Wings



Intro: 16 Counts (2 restarts)

RUMBA-BOX WITH SHUFFLES

1 RF step right
2 LF step next to RF
3&4 Shuffle forward R-L-R
5 LF step left
6 RF step next to LF
7&8 Shuffle back L-R-L

BACK ROCK, SHUFFLE ¼ TURN L, BACK ROCK, ¼ TURN R

9 RF rock back
10 Weight back on LF
11 RF step right ¼ turn left
& LF step next to RF
12 RF step back ¼ turn left
13 LF rock back
14 Weight back on RF
15 LF step left ¼ turn right
16 RF touch next to LF (9) * Restart in 5th wall

SIDE, TOUCH, SIDE, TOUCH, BACK ROCK, SHUFFLE FWD

17 RF step right
18 LF touch next to RF
19 LF step left
20 RF touch next to LV * Restart in 7th wall
21 RF rock back
22 Weight back on LF
23&24 Shuffle forward R-L-R

STEP FWD, ½ PIVOT TURN R, SHUFFLE FWD, ROCKING CHAIR

25 LF step forward
26 LF&RF ½ turn right (3)
27&28 Shuffle forward L-R-L
29 RF rock forward
30 Weight back on LF
31 RF rock back
32 Weight back on LF

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