

Listen to My Heart, Easy

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Runa (DK) - August 2024
音乐: Listen - Eloise Viola



Intro: Start on the word "Hold" (approx. 3 sec.)

S1. Side, touch, side ¼ turn R, touch, side, together, fwd shuffle

1-2 Step R to R side, touch L beside R
3-4 Step L to L side ¼ turn R, touch R beside L (3:00)
5-6 Step R to R side, step L beside R
7&8 Step fwd on R, step L beside R, step fwd on R

S2. Rock, recover, shuffle back, back-rock, recover, fwd shuffle

1-2 Rock fwd on L, recover on R
3&4 Step back on L, step R beside L, step back on L
5-6 Rock back on R, recover on L
7&8 Step fwd on R, step L beside R, step fwd on R

S3: Rock, recover, (back, hitch) x 2 (L+R), shuffle back

1-2 Rock fwd on L, recover on R
3-4 Step back on L, hitch R
5-6 Step back on R, hitch L
7&8 Step back on L, step R beside L, step back on L

S4. Back-rock, recover, kick-ball-fwd, jazz-box ¼ turn R with cross

1-2 Rock back on R, recover on L
3&4 Kick R fwd, step R beside L, step fwd on L
5-6 Cross R over L, step back on L ¼ turn R (6:00)
7-8 Step R to R side, cross L over R

Easier option count 3-4 : Walk R+L
