

Listen To Your Heart

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Michelle Chen (TW) - September 2024
音乐: Listen to Your Heart (Rumba) - Hantos Djay



Introduction : 8 counts * 4 – Walls 2/4
Starting LEFT(LF) at 12:00 direction
Tag : 4 counts * 2 Times
ReStart : 2 Times

Main Section: 8 counts * 4

S1: BIG STEP, BACK R&R, SHUFFLE, 1/2TR STEP BACK, BACK W/KNEE POP, SHUFFLE

1 (Starting @12:00)Make LF a Big Step to Lsid
2 3 Step RF Cross Behind LF, Recover back to LF
4&5 Step RF Fwrđ, Step LF Ball Together, Step RF Fwrđ
6 7 Make 1/2TR(@06:00) And Step LF Bwrđ, Step RF Bwrđ with LF Knee-Pop
8&1 Step LF Fwrđ(In-Place), Step RF Ball Together, Step LF Fwrđ

S2: TIME STEP R-L, 1/4 DIAMOND PARTIAL

2&3 Step RF Together, Step LF In-Place, Make RF a Big Step to Rsid
4&5 Step LF Together, Step RF In-Place, Make LF a Big Step to Lsid
6&7 Step RF Cross Over LF, Step LF to Lsid, Make 1/8TR(@07:30) and Step RF Bfwd (w/ Hitch LF)
8& Step LF Bwrđ, Make 1/8TR(@09:00) and Step RF Rsid

S3: SPLIT CUBAN BREAK, PRISSY WALK, R&R W/LUNGE

1 2& Rock(Check) LF Cross Over RF, Recover back to RF, Ball Step LF Together
3 4& Rock(Check) RF Cross Over LF, Recover back to LF, Ball Step RF Together
5 6 Prissy Walk Fwrđ LF-RF
7 8 Rock(Lunge) LF Cross Fwrđ with Bending Both Knees, Recover back to RF

S4: JUMP OUT-OUT HOLD JUMP IN-IN HOLD, STEP&HEEL BOUNCE TURN, 1/4TR CHASSE

&1 2 Jump LF&RF Out-Out, Hold
&3 4 Jump LF&RF In-In, Hold
5 6 7 Step LF Fwrđ, Make 1/4TR(@12:00) and Bounce both Heels, Make 1/4TR(@03:00) and Bounce both Heels
8& (1) Make 1/4TR(@06:00) and Step LF Lsid, Step RF Ball Together (,Make LF a Big Step to Lsid)

Note:for 8&1 it can be CHASSE or TIME STEP to Lsid Whenever Following with Tag or ReStart, Please Use TIME STEP, otherwise CHASSE

TAG: 4 counts

1 2 3 4 Sway Hip to Lsid-Rsid-Lsid-Rsid
On the end of Wall2 @12:00 and the end of Wall4 @03:00

RS(ReStart): 2 Times

On Wall3, after (8 counts * 2), ReStart @09:00
On Wall6, after (8 counts * 3), ReStart @06:00

ENDING:

On Wall10 Start @12:00, Dance only (8 counts *2), in the end Make 1/2 (instead of 1/4) Diamond and Ending Pose @12:00.

Notes for abbr.

RF(Right Foot) / LF(Left Foot)
Fwrđ(forward) / Bwrđ(backword) / Rsid(right side) / Lsid(left side)
Diag (diagonal)
TR(make a RightTurn) / TL(make a LeftTurn)

Contact:

If there is any question or suggestion, please don't hesitate to contact.

Thanks a lot. Hope you like it.

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