

Heart of Me

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2
编舞者: Robin Sin (SG) - November 2024
音乐: Heart Of Me - Ryland James

级数: Intermediate - Rolling 8 count



INTRO: 6 counts intro, dance starts on lyrics 'hear'
RESTARTS on Wall 2 and Wall 4
TAG after wall 5

FWD STEP HITCH, ROCK BACK, RECOVER SWEEP ¼ TURN, TWINKLE ½ TURN CROSS, RECOVER, CROSS, SIDE DRAG, DIAGONAL RUN BACK BACK, SIDE ROCK, STEP SIDE

1-2-3 Step R fwd while hitching L, Rock back on L, recover on R while sweeping L making a ¼ turn right 3.00
4&a5 Cross L over R, ¼ turn left step R back, ¼ turn left step L to side, Cross R over L 9.00
6&a7 Recover L, Step R to side, Cross L over R, Step R a large step to the side, drag L towards R 9.00
8&a1 1/8 turn left step L back, step R back, 1/8 turn left, Push L to side**, step a big step R to side 6.00

****RESTART AFTER 8&a ON WALL 2**

BACK ROCK RECOVER, FWD FULL TURN ROCK FWD, FULL TURN BACK, SWEEP, SAILOR STEPS

2-3 Rock back on L, recover on R 6.00
4&a5 Step fwd on L, ½ turn left step R back, ½ turn left step fwd on L, Rock fwd on R 6.00
6a7 Recover on L, ½ turn right step fwd on R, ½ turn right step back on L while sweeping R front to back 6.00
8&a Step R behind L***, step L to side, 1/8 turn right step fwd on R while sweeping L 7.30

*****RESTART HERE ON WALL 4, SEE DESCRIPTION BELOW**

¼ DIAMOND, STEP SWEEP FWD x 2, CROSS BACK BACK, CROSS BACK ½ TURN, PIVOT ½ TURN

1&a Cross L over R, 1/8 turn left Step R to side, 1/8 turn left step L back 4.30
2&a Step R back, 1/8 turn left step L to side, step fwd on R 3.00
3-4 Step fwd on L while sweeping R, step fwd on R while sweeping L 3.00
5&a Cross L over R, Step R diagonally right back, Step L diagonally left back 3.00
6&a Cross R over L, Step L back, ½ turn right step fwd on R 9.00
7-8 Step fwd on L, Pivot ½ turn right on R 3.00

BALL, ROCK FWD, RECOVER, ½ TURN, ROCK FWD, RECOVER, ¼ TURN, SIDE, STEP FWD DRAG, ½ TURN STEP DRAG, ½ TURN STEP DRAG, FWD FULL TURN

a1-2 Step L beside R, Rock fwd on R, Recover on L 3.00
a3-4 ½ turn right step fwd on R, Rock fwd on L, Recover on R 9.00
a5 ¼ turn left step L to side, Step R fwd drag L towards R 6.00
6-7 ½ turn left step L fwd drag R towards L, ½ turn left step R back drag L towards R 6.00
8&a Step fwd on L, ½ turn left step R back, ½ turn left step fwd on L 6.00

START AGAIN!

RESTART on Wall 2 after 8&a 12.00
RESTART on Wall 4 after 16 counts but change counts to:

8a Step R behind L, step L side 12.00

TAG after wall 5

1 Step R fwd while hitching L 6.00
2a3 Step back on L, ½ turn right step fwd on R, Step fwd on L while hitching R 12.00

4a

Step R back, close L beside R 12.00
