

# My Heart

**COPPER KNOB**  
STEPSHEETS

拍数: 56      墙数: 2      级数: Intermediate  
编舞者: Chantal Gagnon  
音乐: If My Heart Had Wings - Faith Hill



## STEP, STEP, POINT, STEP BACK, TRIPLE STEP ½ TURN LEFT, STEP RIGHT, LEFT

1-2            Step right foot forward, step left foot forward  
3-4            Touch right toe behind left foot, step right foot back  
5&6            Step left foot back in ¼ turn to left, right foot next to left, left foot next to right in ¼ turn to left  
7-8            Step right foot forward, step left foot forward

## POINT, STEP BACK, TRIPLE STEP ½ TURN LEFT, VINE RIGHT WITH KICKS LEFT

1-2            Touch right toe behind left foot, step right foot back  
3&4            Step left foot back in ¼ turn to left, right foot next to left, left foot next to right in ¼ turn to left  
5-6            Step right foot to right, cross left foot behind right  
&7-8           Step right foot to right, kick left foot twice in 45 degrees angle to left

## STEP, ½ MONTEREY TURN, VINE RIGHT WITH KICKS LEFT

&1            Step left foot next to right, point right toe to right  
2            ½ turn right pivoting on left stepping right next to left  
3-4            Point left toe to left, step left next to right  
5-6            Step right foot to right, cross left foot behind right  
&7-8           Step right foot to right, kick left foot twice in 45 degrees angle left

## ½ MONTEREY TURN, SHUFFLES FORWARD

&1            Step left foot next to right, point right toe to right  
2            ½ turn right pivoting on left stepping right next to left  
3-4            Point left toe to left, step left next to right  
5&6            Step right forward, step left next to right, step right forward  
7&8            Step left forward, step right next to left, step left forward

## SAILOR SHUFFLES, KICK BALL CHANGE TWICE

1&2            Step right behind left, step left to left, step right to right  
3&4            Step left behind right, step right to right, step left to left  
5&6            Kick right foot forward, step right next to left, step left in place  
7&8            Kick right foot forward, step right next to left, step left in place

## ROCK STEP FORWARD, ½ TURN RIGHT (STEP-STEP), SAILOR SHUFFLES

1-2            Rock forward onto right, recover weight on left  
3-4            ½ turn right pivoting on left stepping right next to left, left next to right  
5&6            Step right behind left, step left to left, step right to right  
7&8            Step left behind right, step right to right, step left to left

## KICK BALL CHANGE TWICE, ROCK STEP FORWARD, STEP, STEP

1&2            Kick right foot forward, step right next to left, step left in place  
3&4            Kick right foot forward, step right next to left, step left in place  
5-6            Rock forward onto right, recover weight on left  
7-8            Step right next to left, step left next to right

**REPEAT**

