

My Heart

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Teresa Lawrence (UK) & Vera Fisher (UK)
音乐: My Heart Won't Let You Leave My Mind - Jake Mathews



Start dance 1 count in, on main vocals

CHASSE SIDE, ROCK REPLACE, SIDE BEHIND BALL CROSS STEP SIDE

1&2 Chasse right to right side
3-4 Rock back left, replace weight on right
5-6 Step left to left side, step right behind left
&7-8 Step left to left side, cross right over left, step left to left side

ROCK REPLACE, PIVOT ¼ TURN WITH HIPS X3

1-2 Rock back on right, replace weight on left
3-4 Step forward right, pivot ¼ turn left weight to end on left (swinging hips out to right side)
5-6 Repeat counts 3-4
7-8 Repeat counts 3-4 (3:00)

STEP FORWARD TOUCH AND HEEL AND STEP FORWARD, TWICE

1-2 Step forward on right, touch left toe next to right
&3 Step back on left, dig right heel forward
&4 Replace weight on right, step forward on left
5-6 Repeat counts 1-2
&7 Repeat counts &3
&8 Repeat counts &4 (restart here on wall 4 facing the 6:00 wall)

ROCK FORWARD REPLACE, TRIPLE HALF TURN, TRIPLE HALF TURN, ROCK BACK REPLACE

1-2 Rock forward right, replace weight back on left
3&4 Triple ½ turn over right shoulder (traveling backwards)
5&6 Triple ½ turn over right shoulder (traveling backwards)
7-8 Rock back right replace weight on left (3)

You can replace counts 3-6 with 2 shuffles back

WALK RIGHT LEFT RIGHT KICK CLAP, BACK TWO THREE TOUCH RIGHT TO RIGHT SIDE

1-2-3-4 Walk forward right, left, right, kick forward with left
5-6-7-8 Walk back, left, right, left, touch right toe out to right side

SAILOR STEP, SAILOR ¼ TURN LEFT

1&2 Right sailor
3&4 Do a left sailor making a ¼ turn left
5-6 Step forward right, pivot ½ left
7-8 Walk forward right, left (6)

GRAPEVINE RIGHT, GRAPEVINE LEFT (OPTION. YOU CAN DO FULL TURNS ON THE VINES)

1-2-3-4 Vine right ending with a touch left next to right on count 4
5-6-7-8 Vine left ending with a touch right next to left on count 8

JAZZ BOX ¼ TURN RIGHT, JUMP FORWARD CLAP, JUMP BACK CLAP

1-2-3-4 Jazz box, making ¼ turn right
&5-6 Jump forward right, left on counts &5, clap on count 6
&7-8 Jump back right, left on counts &7, clap on count 8, weight to end on left (9)

REPEAT

RESTART

On wall 4, you will start wall 4 facing 3:00. Dance up to & including &8 of section 3 the step touch & heel bit. You'll be facing 6:00 to start dance from the beginning
