

# Put Your Heart In To It

**COPPER** KNOB  
STEPSHEETS

拍数: 0                      墙数: 0                      级数:  
编舞者: Sheri Gay (CAN)  
音乐: Put Your Heart Into It - Sherrié Austin



Sequence: AB,AB,BA,BA

## SECTION A

### SIDE POINTS RIGHT THEN LEFT

&1-2              Left foot cross in front of right foot, right foot point right side, hold  
&3-4              Right foot cross in front of left foot, left foot point left side, hold  
&5-6              Left foot cross in front of right foot, right foot point right side, hold  
&7-8              Right foot cross in front of left foot, left foot point left side, hold

### CROSS, SIDE, COASTER STEP LEFT THEN RIGHT

1-2              Left foot cross in front of right foot, right foot step side right  
3&4              Left foot step back, right foot step together, left foot step forward  
5-6              Right foot cross in front of left foot, left foot step side left  
7&8              Right foot step back, left foot step together, right foot step forward

### CROSS, HOLD TWICE, CROSS, SIDE, COASTER STEP LEFT THEN RIGHT

1-2              Left foot cross in front of right foot, hold  
&3-4              Right foot step side right, left foot cross in front of right foot, hold  
&5-6              Right foot step side right, left foot cross in front of left foot, right foot step side right  
7&8              Left foot step back, right foot step together, left foot step forward

1-2              Right foot cross in front of left foot, hold  
&3-4              Left foot step side left, right foot cross in front of left foot, hold  
&5-6              Left foot step side left, right foot cross in front of left foot, left foot step side left  
7&8              Right foot step back, left foot step together, right foot step forward

### SWIVEL FORWARD X4, STEP ½ TURN RIGHT TWICE

1-2              Left foot step forward & right heel swivels in, right foot step forward & left heel swivels in  
3-4              Left foot step forward & right heel swivels in, right foot step forward & left heel swivels in  
5-6              Left foot steps forward & body turns ½ right, replace weight to right foot  
7-8              Left foot steps forward & body turns ½ right, replace weight to right foot

### FORWARD SLIDE 4X (OR PUT YOUR HEART IN TO IT)

1-4              Left foot steps forward, right foot slides together, left foot steps forward, right foot slides together  
5-8              Left foot steps forward, right foot slides together, left foot steps forward, right foot slides together

## SECTION B

### SAILOR SHUFFLES, FULL TURN, SHUFFLE LEFT, SAILOR SHUFFLE, ¾ TURN FORWARD SHUFFLE

1&2              Left foot step behind right foot, right foot step side right, left foot step side left  
3&4              Right foot step behind left foot, left foot step side left, right foot step side right  
5-6              Left foot cross in front of right foot body turns full turn to right, replace weight to right foot  
7&8              Left foot side, right foot together, left foot side

1&2              Right foot step behind left foot, left foot step side left, right foot step side right  
3&4              Left foot step behind right foot, right foot step side right, left foot step side left

5-6  
7&8

Right foot cross in front of left foot body turns  $1\frac{1}{4}$  right or  $\frac{3}{4}$  to left, replace weight to left foot  
Right foot forward, left foot together, right foot forward

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