

Tender Heart

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Pauline Hayward
音乐: Tender Heart - Lionel Richie



SLOW RUMBA SLIDE, CROSS ROCK, RIGHT AND LEFT

1-4 Step right to side slide left slowly to right cross over left rock back right
5-8 Step left to side slide right slowly to left cross over right rock back left

GRAPEVINE ¼ TURN, SHUFFLE, ½ PIVOT, FULL-TURN, LOCK STEP

1-4 Step right to side, cross left behind right, step forward right making ¼ turn right, close left to right, step forward right
5-8 Step left forward ½ pivot to right, make full turn right, stepping left & right
9-12 Step left forward lock right behind left step forward left touch right next to left

ROLL HIPS, STEP FORWARD, STEP BACK WITH SLIDE

1-4 Step right to side roll hips right left right left
5-8 Step forward right slide left to right step left & right
9-12 Step back left, body angle left, bring right to left with long slide, step right & left

RONDE RIGHT, ¼ TURN, RONDE LEFT, GRAPEVINE RIGHT, TOE TOUCHES, ¼ TURN

1-4 Step forward right, making ¼ turn left, raise left off floor, cross left behind right, step right
5-8 Step left to side, raise right off floor, cross right behind left, step left
9-12 Step right to side, cross left behind right step right to right side touch left next to right
13-16 Point left to side, touch left next to right, step left forward making ¼ left, touch right next to left

ROCK FORWARD AND BACK, WITH ¼ TURN, TOE TOUCHES

1-4 Rock right forward, rock back onto left, step right next to left, touch left beside right
5-8 Rock left back, making ¼ turn right, rock forward right, step left next to right touch right beside left

REPEAT

TAG

Repeat Section 5 after 2nd, 4th & 7th repetitions
5th repetition, dance counts 1-32 only
6th repetition, add 4 rolling hips right-left-right-left
