

# This Old Heart Of Mine

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Anita Ludlow (UK)  
音乐: This Old Heart of Mine - The Isley Brothers



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## CROSS, STEP, SAILOR SHUFFLE TWICE

1-2            Cross right over left, step left to left side  
3&4           Cross right behind left, step on ball of left to left side, step right in place  
5-6-7&8      Repeat, reversing footwork

## 2X SAILOR SHUFFLES, GRAPEVINE WITH 1-¼ TURNS

1&2           Sweep right behind left, step on ball of left to left side, step right in place  
3&4           Sweep left behind right, step on ball of right to right side, step left in place  
5-6           Step right to right side, qtr turn right as you step left behind right  
7-8           Step forward on right & swivel half turn right, step forward on left & swivel half turn right

## SYNCOPATED WALKS FORWARD

1-2           Step forward on right, hold for one count  
&3-4          Step left closely behind right on '&' count. Step forward on right, hold for one count  
5-6&7-8      Repeat, reversing footwork

## STEP, STEP, CIRCLE HIPS. SQUAT RECOVER TWICE

1-2           Step forward right, step forward left  
3-4           Circle hips over two counts to the left  
5            Take right to right side & squat with hands resting on thighs  
6            Recover standing position by bringing left leg next to right & clap  
7            Take right to right side & squat with hands resting on thighs  
8            Recover standing position by bringing left leg next to right & clap

**REPEAT**

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