

Tonight My Heart Rides Again

COPPER **NOB**
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate polka
编舞者: Trinity Chan (MY)
音乐: Tonight My Heart Rides Again - Steven Craig Harding



LEFT HEEL TOUCHES, LEFT SHUFFLE FORWARD, RIGHT HEEL TOUCHES, RIGHT SHUFFLE FORWARD

- 1 Touch left heel forward
- 2 Touch left heel to the left side
- 3 Step forward left
- & Close right beside left
- 4 Step forward left
- 5 Touch right heel forward
- 6 Touch right heel to the side
- 7 Step forward right
- & Close left beside right
- 8 Step forward right

LEFT MONTEREY TURN, HEEL SWITCHES, STEP, PIVOT ¼ TURN RIGHT

- 1 Touch toes of left foot to the left side, keeping weight on right foot
- 2 Turn ½ turn left and step left foot next to right, taking the weight onto left foot
- 3 Touch right toes to right
- 4 Step right foot beside left with weight on the right foot
- 5 Touch left heel forward
- & Step left foot beside right foot
- 6 Touch right heel forward
- & Step right foot beside left
- 7 Step left forward
- 8 Pivot ¼ turn right, weight on right

DIAGONAL SLIDE, TOUCH AND CLAP HANDS TOGETHER X 4

- 1 Slide left foot diagonally left forward
- 2 Touch right foot beside left and clap hands together
- 3 Slide right foot diagonally right backward
- 4 Touch left foot beside right and clap hands together
- 5 Slide left foot diagonally left backwards
- 6 Touch right foot beside left and clap hands together
- 7 Slide right foot diagonally right forward
- 8 Touch left beside right and clap hands together

LEFT RODEO KICK, LEFT SAILOR STEP WITH ¼ LEFT TURN, RIGHT RODEO KICK, RIGHT SAILOR STEP WITH ¼ RIGHT TURN

- 1 Kick forward left foot
- 2 Kick left foot to the left side
- 3 Cross left foot behind right
- & Step right foot to right side making ¼ turn left
- 4 Step left foot in place
- 5 Kick forward right foot
- 6 Kick right foot to the right side
- 7 Cross right foot behind left
- & Step left foot to left side making ¼ turn right

8 Step right foot in place

ROCK RECOVER, SHUFFLE BACK LEFT, ROCK BACK RECOVER, ROCK RECOVER AND STEP ½ TURN RIGHT

1 Rock forward left
2 Recover back to the right
3 Step back left
& Close right beside left
4 Step back left
5 Rock back right
6 Recover forward to the left
7 Rock forward right
& Recover onto left
8 Making a ½ turn right, step right forward (you should be facing 3 'o' clock)

LEFT SIDE SLIDE, HOP IN PLACE AND CLAP, RIGHT SIDE SLIDE, HOP IN PLACE AND CLAP, MONTANA KICK

1 Slide left foot to the left side
2 Hop right foot to close beside left, clap hands together at the same time
3 Slide right foot to the right side
4 Hop left foot to close beside right, clap hands together at the same time
5 Step right forward
6 Kick left forward
7 Step left back
8 Tap right toe back

CROSS POINT TWICE, JAZZ BOX WITH ¼ TURN RIGHT

1 Cross step right foot over left
2 Point left to left side
3 Cross step left foot over right
4 Point to right foot to right side
5 Cross step right foot over left
6 Step back left
7 Step right, ¼ turn right
8 Step left beside right

KNEE ROLLS X 4, HOLD AND CLICK FINGERS WITH ARMS OUTSTRETCHED OVER 4 COUNTS

1 Roll right knee in
2 Roll left knee in
3 Roll right knee in
4 Roll left knee in
5-8 Hold and click fingers with arms outstretched over 4 counts

Options for counts 5-8

A) hip roll and click fingers over 4 counts

B) left toe fan and click fingers over 4 counts

REPEAT

TAG

Danced once after 2 full repetitions of dance while facing 12:00; then begin dance again

1 Step left forward
2 Hitch right knee and turn ¼ turn right
3 Step down on right foot
4 Hitch left knee and turn ¼ turn right

- 5 Step down on left foot
 - 6 Hitch right knee and turn $\frac{1}{4}$ turn right
 - 7 Step down on right foot
 - 8 Hitch left knee and turn $\frac{1}{4}$ turn right
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