

# A Woman's Heart

**COPPERKNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Ronnie James (UK)  
音乐: Woman's Heart - Chris De Burgh



---

## CROSS ROCK, CHASSE RIGHT, CROSS ROCK, CHASSE LEFT

1-4            Cross rock right over left, recover on left, shuffle right on right, left, right  
5-8            Cross rock left over right, recover on right, shuffle left on left, right, left

## ROCK BACK, SHUFFLE FORWARD, ROCK FORWARD, SHUFFLE & TURN ½ LEFT

9-12          Rock back on right, recover on left, shuffle forward on right, left, right  
13-16        Rock forward on left, recover on right, shuffle & turn ½ left

## CROSS, SIDE, CROSS SHUFFLE, ¼ TURN, HOLD, ROCK BACK, RECOVER

17-20        Cross right over left, step left to side, cross shuffle right over left  
21-24        Step left to side turning ¼ right, hold, rock back on right, recover on left

## ROCK FORWARD, HOLD, COASTER STEP, SHUFFLE FORWARD, TURN ¾ RIGHT

25-28        Rock forward on right, hold, left coaster step  
29-32        Shuffle forward on right, left, right., turn ¾ right on left & right

## SIDE, BEHIND & CROSS, SIDE, ROCK BACK, SHUFFLE FORWARD

33-36        Step left to side, step right behind left & step left to side, cross right over left  
37-40        Rock back on right, recover on left, shuffle forward on right, left, right

## ROCK FORWARD, SAILOR TURN, SHUFFLE FORWARD TWICE

41-44        Rock forward on left, recover on right, turn ¼ left on left, right, left  
45-48        Shuffle forward on right, left, right., shuffle forward on left, right, left

## ROCK FORWARD, COASTER STEP, ROCK FORWARD, SHUFFLE & TURN ½ LEFT

49-52        Rock forward on right, recover on left, right coaster step  
53-56        Rock forward on left, recover on right, shuffle & turn ½ left

## SKATE TWICE, KICK BALL CHANGE, STEP, DRAG & STOMP

57-60        Skate right forward, skate left forward, right kick ball change  
61-64        Step forward on right, drag left towards right on 2 counts, stomp left

## REPEAT

## TAG

After step 44 on the 4th wall, stomp right next to left & hold for 3 counts, then restart the dance

## OPTIONAL ENDING

To end facing the front cross right over left and unwind ¾ left

---