

Young Hearts

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Helen D'Aguiar (UK)
音乐: Young Hearts Run Free - Candi Staton



DOROTHY STEPS TWICE, CHASSE ¼ TURN RIGHT, STEP PIVOT ½ TURN RIGHT

- 1-2& Step right foot forward into right diagonal, lock left behind right, step right next to left
- 3-4& Step left foot forward into left diagonal, lock right behind left, step left next to right
- 5&6 Chasse quarter turn right
- 7-8 Step forward on left, pivot half turn right (weight now on right)

MAMBO STEPS FORWARD AND BACK INTO SKATES, ROCK STEP ¼ TURN LEFT

- 9&10 Rock forward on left, recover back on right, bring left next to right
- 11&12 Rock back on right, recover on left, start skate steps into right diagonal
- 13-14 Skate into left diagonal, skate into right diagonal
- 15&16 Cross rock left over right, recover onto right, turn quarter left stepping left to side

CROSS SHUFFLE, SIDE STEP PIVOT ½ TURN RIGHT, CROSS ROCK STEP, CROSS SIDE POINT BEHIND

- 17&18 Cross shuffle right over left
- 19-20 Step left foot to side, pivot half turn right (weight now on right)
- 21&22 Cross rock left over right, recover on right, step left foot to side
- 23&24 Cross right over left, step left to side, point right behind left (at this point swing both arms out to left across the front of your body, waist height, pointing fingers to left)

CHASSE ¼ TURN RIGHT, STEP PIVOT ½ TURN RIGHT, WALK, WALK, ROCK STEP, JUMP

- 25&26 Chasse quarter turn right
- 27-28 Step forward on left, pivot half turn right (weight now on right)
- 29-30 Walk forward left, right
- 31&32 Rock forward on left, recover back on right, bring left next to right as you jump back feet together (at this point push both palms forward, chest height)

REPEAT
