

In My Heart

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 4 级数: Intermediate social cha
编舞者: Gordon Timms (UK)
音乐: A Place In My Heart - Liz Abella



Sequence: AAB, AAAB, AAAB, AA

PART A

ROCK AND RECOVER, BASIC CHA-CHA STEP, ROCK AND RECOVER, BASIC CHA-CHA STEP

1-2 Rock forward on the left, recover back on to right
3&4 Basic cha-cha steps moving slightly backwards, step left right left with hips please!
5-6 Rock back on the right, recover back on to left
7&8 Basic cha-cha steps moving slightly forward, step right left right with hips please! (12:00)

STEP HALF TURN RIGHT, TURN HALF RIGHT TURNING SHUFFLE, ROCK AND RECOVER, KICK BALL POINT.

1-2 Step forward on the left, pivot half turn right
3&4 Turning half turn right again with a left shuffle slightly backwards
5-6 Rock back on the right foot, recover on to left
7&8 Low kick forward with right foot, (toe points down) replace weight on right, point left to left side. (12:00)

POINT TOUCHES, KICK BALL POINT, KNEE POPS, QUARTER TURN RIGHT, COASTER STEP.

1-2 Touch point left in front of right, touch point left to left side
3&4 Low kick forward with left foot, (toe points down) replace weight on left, point right to right side. 5 - 6 pop right knee in towards left for (5) pop knee out & on balls of both feet swivel $\frac{1}{4}$ turn right for (6)
7&8 Follow through with a right coaster step, right-left-right (3:00)

STEP PIVOT HALF TURN RIGHT, LEFT FORWARD SHUFFLE, ROCK AND RECOVER, BASIC CHA-CHA STEP

1-2 Step forward on left pivot half turn right
3&4 Left forward shuffle, left-right-left
5-6 Rock forward on the right, recover weight back to the left
7&8 Basic cha-cha moving slightly to the right, step right left right with hips please! (9:00)

PART B

LONG STEP LEFT, HOLD, EXTENDED LEFT CHASSÉ, CROSS ROCK, STEP AND TOUCH

1-2 Step long step to the left hold for one count
3&4& Extended left chassé stepping - right, left, right, left
5-6 Cross rock right over left, recover weight on to the left
7-8 Step right to right side step left next to right. (weight on left) (6:00)

LONG STEP RIGHT, HOLD, EXTENDED RIGHT CHASSÉ, CROSS ROCK, STEP AND TOUCH

1-2 Step long step to the right hold for one count
3&4& Extended right chassé stepping - left, right, left, right
5-6 Cross rock left over right, recover weight on to the right
7-8 Step left to left side step right next to left. (weight on right) (6:00)

BRIDGE

To be added to Part A on walls 3:00 (first visit), then at 6:00, 3:00, 9:00 at the second visit

1-2 Step left to left side, step touch right next to left

3&4

Step right to right, close left to right, step right. (right chassé)

FINISH

You will finish the dance on the 6:00 wall. To face the front, do the first two counts of the bridge and then replace the right chassé with a half turn right sailor step
