

Hollywood Heart

COPPER KNOB
BY STEPHEN METZ

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Deb Crew (CAN)
音乐: Hollywood Heart - Rick Tippe



Start dance after first 16 beats of instrumentals, just before lyrics. This is a lovely ballad that inspired graceful and flowing movement. Dedicated to Stephen Whittaker of Phoenix, Arizona in appreciation of his poem "The Dance"

STEP FORWARD, HOLD, BALL-STEP, ROCK-STEP, SHUFFLE BACK

The ball-steps forward and shuffle back should be executed smoothly, not jumpy

- 1-2 Step right foot forward, hold position
- &3 Quickly step left foot up to meet right foot, step forward on right foot
- &4 Quickly step left foot up to meet right foot, step forward on right foot
- 5-6 Rock forward onto left foot, rock back onto right foot
- 7&8 Step back onto left foot, quickly step right foot back to meet left foot, step back onto left foot

QUICKLY STEP FORWARD, HOLD, BALL-STEP, BALL-STEP, ROCK STEP, SHUFFLE BACK

The ball-steps forward and shuffle back should be executed smoothly, not jumpy

- &1-2 Quickly step right foot back to meet left foot, step left foot forward, hold position
- &3 Quickly step right foot up to meet left foot, step forward on left foot
- &4 Quickly step right foot up to meet left foot, step forward on left foot
- 5-6 Rock forward onto right foot, rock back onto left foot
- 7&8 Step back onto right foot, quickly step left foot back to meet right foot, step back onto right foot

BALL-CROSS, HOLD, BALL-CROSS, BALL-CROSS, SIDE SHUFFLE, ROCK-STEP

The ball-crosses and side shuffle should be executed smoothly, not jumpy

- &1-2 Quickly step left foot back to meet right foot, cross & step right foot over left foot, hold position
- &3 Quickly step left foot to left side, step & cross right foot over left foot
- &4 Quickly step left foot to left side, step & cross right foot over left foot
- 5&6 Step left foot to left side, step right foot beside left foot, step left foot to left side
- 7-8 Rock forward to a 45 degree left angle onto right foot, rock back in place onto left foot

BALL-CROSS, HOLD, BALL-CROSS, BALL-CROSS, ¼ TURN SHUFFLE, ROCK-STEP

The ball-crosses and side shuffle should be executed smoothly, not jumpy

- &1-2 Quickly step right foot to right side, cross and step left foot over right foot, hold position
- &3 Quickly step right foot to right side, cross and step left foot over right foot
- &4 Quickly step right foot to right side, cross and step left foot over right foot
- 5&6 Step ¼ turn to the right onto right foot, quickly step left foot up to meet right foot, step right foot forward (facing 3:00)
- 7-8 Rock straight forward onto left foot, rock back in place onto right foot

QUICK ½ TURN left, SIDE-STEP, HOLD, SAILOR SHUFFLE, BALL-SIDE STEP, HOLD, SAILOR SHUFFLE

- &1-2 Pivoting on the ball of right foot, quickly execute ½ left turn backwards, stepping left foot forward on completion on ½ turn (you are now facing 9:00), step right foot to right side, hold position
- 3&4 Cross and step left foot behind right foot, rock side right onto right foot, step side left onto left foot
- &5-6 Quickly step right foot next to left foot, step side left onto left foot, hold position
- 7&8 Cross and step right foot behind left foot, rock side left onto left foot, step side right onto right foot

THREE SAILOR SHUFFLES IN PLACE, ROCK STEP

- 1&2 Cross and step left foot behind right foot, rock side right onto right foot, step in place with left foot
- 3&4 Cross and step right foot behind left foot, rock side left onto left foot, step in place with right foot
- 5&6 Cross and step left foot behind right foot, rock side right onto right foot, step in place with left foot
- 7-8 Rock back onto right foot, step in place onto left foot

REPEAT
