

Hearts Delight Waltz

COPPER KNOB
STEPSHEETS

拍数: 84 墙数: 4 级数: waltz
编舞者: Lyn Cochrane (AUS)
音乐: Own Heart's Delight - Ian Tyson



- 1 Stride left foot back diagonally right to cross behind right
 - 2 Step right foot back diagonally right
 - 3 Step left foot to left side & slightly back
 - 4-5 Step right foot across in front of left, step left foot back diagonally left
 - 6 Step right foot to right side & slightly back

 - 7 Make $\frac{1}{2}$ turn right on ball of right foot & step left foot to left side
 - 8 Step on ball of right foot behind left raising left heel
 - 9 Lower left heel taking weight on left foot
 - 10-12 Long step to right side on right foot, slide left foot beside right, hold

 - 13-22 Repeat counts 1 - 10

 - 23-24 Slide left foot beside right making $\frac{1}{4}$ turn left on ball of right foot, step left foot beside right

 - 25 Step left to left side on left foot making $\frac{1}{4}$ turn left
 - 26 Step forward on right foot making $\frac{1}{4}$ turn left
 - 27 Step left foot across behind right
 - 28 Step right foot to right side making $\frac{1}{4}$ turn right
 - 29 Step forward on left foot, on ball of foot make $\frac{1}{2}$ pivot turn right, stepping weight forward on right foot
 - 30 Step forward on left foot making $\frac{1}{4}$ turn right
 - 31 Step forward on left foot making $\frac{1}{4}$ turn right
 - 32 Step right foot across behind left
 - 33 Step left foot to left side making $\frac{1}{4}$ turn left
 - 34 Step forward on right foot making $\frac{1}{4}$ turn left
 - 35 Step ball of left foot behind right raising right heel
 - 36 Lower right heel taking weight on right foot
- These turns suggest a 'figure eight shape' but travel in a reasonably straight line & should flow to create a smooth pattern of turns**
- 37 Step left foot to left side
 - 38-39 Step ball of right foot behind left raising left heel, lower heel taking weight on left foot
 - 40 Step right foot to right side
 - 41-42 Step ball of left foot behind right raising right heel, lower heel taking weight on right foot

 - 43-45 Stride step forward on left foot, step right foot beside left, step left in place
 - 46 Step right foot forward at a slight diagonal right
 - 47-48 Brush left foot forward, brush left foot back

 - 49-51 Moving in a straight line back make a full turn left, stepping left-right-left
 - 52 Step right foot across in front of left & slightly back
 - 53 Step left foot to left side & slightly back
 - 54 Small step to right side on right foot
 - 55 Step left foot across in front of right & slightly back
 - 56 Step right foot to right side & slightly back

- 57 Small step to left side on left foot
- 58-60 Stride step forward on right foot, step left foot beside right, step right foot in place
61 Step left foot forward at a slight diagonal left
62-63 Brush right foot forward, brush right foot back
- 64-66 Moving in a straight line back make a full turn right stepping right-left-right
67 Step left foot across in front of right & slightly back
68 Step right foot to right side & slightly back
69 Small step to left side on left foot
70 Step right foot across in front of left & slightly back
71 Step left foot to left side & slightly back
72 Small step to right side on right foot
- 73 Step forward on left foot making $\frac{1}{2}$ turn left on ball of foot
74-75 Step right foot beside left, step left foot in place
76-78 Step forward on right foot, step left foot beside right, step right foot in place
- 79 Stride step forward on left foot
80-81 Slide right foot to touch beside left, hold
82 Stride step forward on right foot
83-84 Slide left foot to touch beside right, hold

REPEAT
