

Heave Away

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Gerard Murphy (CAN)
音乐: Heave Away - The Fables



The original classic, choreographed in 1999!

The Fables are a new Celtic group from Newfoundland, Canada. Heave Away can be found on their CD or on the compilation CD titled Ceilidh Collection

Heave Away is dedicated to all the dancers I've taught and danced with from my home province of Newfoundland, Canada - from Port aux Basques all the way to Shea Heights! You keep me focused on the fun and always provide a little taste of home when we're together. It's right some special to be plankin' 'er down wit' ya! CHEERS!

SHUFFLE, SHUFFLE, TOUCH, KICK, COASTER STEP BACK

1&2 Shuffle forward right, left, right
3&4 Shuffle forward left, right, left
5-6 Touch right next to left; kick right forward
7&8 Right coaster step back right, left, right

STEP HEEL FORWARD, PIVOT ½ TURN, COASTER STEP BACK, HEEL SWITCH LEFT, RIGHT, LEFT, CLAP, CLAP

9-10 Step left heel forward; pivot ½ turn right (with left toes dropping & right heel rising, weight on left)
11&12 Right coaster step back (right, left, right)
13&14&15 Touch left heel forward, replace left next to right, touch right heel forward, replace right next to left, touch left heel forward
&16 Clap, clap

AND SHUFFLE, SCUFF, HOP, STEP, SHUFFLE TURNING ¼ LEFT, ROCK, STEP

&17&18 Replace left next to right; shuffle forward right, left, right
19&20 Scuff left next to right; hop forward on right with left still hitched; step left down next to right
21&22 Turn body ¼ turn left & shuffle right (right, left, right)
23-24 Rock back onto left behind right, rock forward onto right

STEP, BEHIND, COASTER STEP BACK, STEP FORWARD, PIVOT ½ TURN, KICK BALL CHANGE

25-26 Step left to left; step right behind left
27&28 Left coaster step back (left, right, left)
29-30 Step right forward; pivot ½ turn left (weight on left)
31&32 Right kick ball change - right, right, left

REPEAT

HEAVE AWAY TAG...(IT'S EASY!!!)

Completed one time only -- after you complete the full dance twice. You will be facing the back wall

1&2 Right coaster step forward - right, left, right (arms by sides, swinging back)
3&4 Left coaster step back - left, right, left (arms by sides, swinging forward)
5&6 Right coaster step forward - right, left, right (arms by sides, swinging back)
7&8 Left coaster step back - left, right, left (arms by sides, swinging forward)

Last Update: 8 Jan 2023