

# Heavenly Rythm

**COPPER KNOB**  
STEPSHEETS

拍数: 0      墙数: 1      级数: Intermediate  
编舞者: Anja Jensen (DK)  
音乐: Teardrops in Heaven - Sanne Salomonsen



Sequence: AB, AB, Tag, CB, 1/2B

## PART A

### TAP RIGHT FOOT (2 TIMES), HEEL SWITCHES, CROSS STEP, HEEL JACK

- 1            Touch right toe diagonally forward to right and tap heel on the floor
- 2            Tap right heel on the floor, weight stays on left foot
- 3&4        Touch right heel forward, step right beside left, touch left heel forward
- &5        Step left foot beside right, cross right over left
- 6            Step left to left side
- 7&8        Cross right behind left, step left beside right, touch right heel forward to right

On count 1-2 point left finger forward with Rikki Lake attitude

### CROSS UNWIND, HEEL AND TOUCH, WALK (2 TIMES), SHUFFLE

- &1        Right beside left, cross right over left
- 2        Unwind ½ turn right, (weight ends on left)
- 3&4       Touch right heel forward, right beside left, touch left toe back
- 5        Step left foot forward
- 6        Step right foot forward
- 7&8       Left shuffle forward (left, right, left)

### CROSS STEP, HEEL JACK, CROSS STEP, HEEL JACK

- 1            Cross right over left
- 2            Step left to left side
- 3&4        Cross right behind left, left beside right, touch right heel diagonally forward to right
- &5        Right beside left, cross left over right
- 6            Step right to right side
- 7&8        Cross left behind right, right beside left, touch left heel diagonally forward to left

Suggestion: on count 1-4 lasso movements with right arm, count 5-8 lasso movements with left arm

### STEP TURN (2 TIMES) SMOOTHLY HIP ROLLS

- &1        Left beside right, step forward right
- 2        Turn ½ turn to left with weight ending on left
- 3        Step forward right
- 4        Turn ½ turn to left with weight ending on left
- 5        Step right to right side (weight on left) and start rolling hips smoothly to left
- 6        Roll hips smoothly to right
- 7        Roll hips smoothly to left
- 8        Roll hips smoothly to right

On count 5-8 hold hands like pistols

- 1-32       Repeat the first 32 counts

## PART B

### ONE AND A ¾ TURN LEFT, HIP BUMPS

- 1            Step left to left side with ¼ turn to left
- 2            Turn ½ turn to left on ball of left foot, step right back
- 3            Turn ½ turn to left on ball of right foot, step left forward

- 4 Turn ½ turn to left on ball of left foot, step right back
- 5&6 Touch left toe forward and bump hips left - right - left (transferring weight to left)
- 7&8 Touch right toe forward and bump hips right - left - right (transferring weight to right)

#### **STEP, FLICK, LOCKSTEP, ROCK STEP, COASTER STEP WITH ¼ TURN**

- 1 Step left forward
- 2 Flick right leg back, by bending knee and click fingers at shoulder height
- 3&4 Step right forward, lock step left behind right, step right forward
- 5 Rock forward left
- 6 Recover weight back on right
- 7&8 Step back on left, step back on right with ¼ turn to right, step forward on left

#### **HIP BUMPS, CROSS TOUCH, CROSS UNWIND**

- 1&2 Touch right toe forward and bump hips right - left - right (transferring weight to right)
- 3&4 Touch left toe forward and bump hips left - right - left (transferring weight to left)
- 5 Cross right over left
- 6 Touch left to left side
- 7 Cross left over right
- 8 Unwind ½ turn to right (weight ends on left)

#### **CROSS TOUCH (2 TIMES), HEEL BOUNCES**

- 1 Cross right over left
- 2 Touch left to left side
- 3 Cross left over right
- 4 Touch right to right side
- 5 Step forward on right
- 6 Step left to left side
- 7 Lift both heels from floor and down again
- 8 Lift both heels from floor and down again

#### **ONE AND ¾ TURN RIGHT, HIP BUMPS**

- 1 Step right to right side with ¼ turn to right
- 2 Turn ½ turn to right on ball of right foot, step left back
- 3 Turn ½ turn to right on ball of left foot, step right forward
- 4 Turn ½ turn to right on ball of right foot, step left back
- 5&6 Touch right toe forward and bump hips right - left - right (transferring weight to right)
- 7&8 Touch left foot forward and bump hips left - right - left (transferring weight to left)

#### **STEP, FLICK, LOCKSTEP, ROCK STEP, COASTER STEP WITH ¼ TURN**

- 1 Step right forward
- 2 Flick left leg back, by bending knee and click fingers at shoulder height
- 3&4 Step left forward, lockstep right behind left, step left foot forward
- 5 Rock right foot forward
- 6 Recover weight back on left
- 7&8 Step back on right, step back on left with ¼ turn to left, step forward on right

#### **HIP BUMPS, CROSS TOUCH, CROSS UNWIND**

- 1&2 Touch left foot forward, and bump hips left-right-left (transferring weight to left)
- 3&4 Touch right foot forward, and bump hips right-left-right (transferring weight to right)
- 5 Cross left over right
- 6 Touch right to right side
- 7 Cross right over left
- 8 Unwind ½ turn to left

## **CROSS TOUCH (2 TIMES) HEEL BOUNCES**

- 1 Cross left over right
- 2 Touch right to right side
- 3 Cross right over left
- 4 Touch left to left side
- 5 Step forward on left
- 6 Step right to right side
- 7 Lift both heels from floor and down again
- 8 Lift both heels from floor and down again

**Suggestion: in the start of Part B when Sanne sings "teardrops in heaven" raise your arms and lower them while moving your fingers like raindrops**

## **TAG**

### **CROSS WALKS WITH HEEL TAPS AND FINGER SNAPS RIGHT & LEFT**

- 1 Touch right foot over left and tap heel to the floor
- 2 Tap right heel on the floor (bend knees and upper body, turn face left, while you snap fingers on waist height twice,)
- 3 Touch left to left side, and tap heel on the floor
- 4 Tap left heel on the floor (straighten your knees and body, snap fingers twice on waist height and look forward)
- 5 Touch left foot over right and tap heel to the floor
- 6 Tap left heel on the floor (bend knees and upper body, turn face right, while you snap fingers on waist height twice.)
- 7 Touch right to right side, and tap heel on the floor
- 8 Tap right heel on the floor (straighten your knees and body, snap fingers twice on waist height and look forward)
- 9 Touch left foot over right and tap heel to the floor
- 10 Tap left heel on the floor (bend knees and upper body, turn face right, while you snap fingers on waist height twice.)
- 11 Touch right to right side, and tap heel on the floor
- 12 Tap right heel on the floor (straighten your knees and body, snap fingers twice on waist height and look forward)
- 13 Touch right foot over left and tap heel to the floor
- 14 Tap right heel on the floor (bend knees and upper body, turn face left, while you snap fingers on waist height twice.)
- 15 Touch left to left side, and tap heel on the floor
- 16 Tap left heel on the floor (straighten your knees and body, snap fingers twice on waist height and look forward)

## **PART C**

### **TAP RIGHT FOOT (2 TIMES), HEEL SWITCHES, CROSS STEP, HEEL JACK**

- 1 Touch right toe diagonally forward to right and tap heel on the floor
- 2 Tap right heel on the floor, weight stays on left foot
- 3&4 Touch right heel forward, step right beside left, touch left heel forward
- &5 Step left foot beside right, cross right over left
- 6 Step left to left side
- 7&8 Cross right behind left, step left beside right, touch right heel forward to right

### **CROSS UNWIND, HEEL AND TOUCH, WALK (2 TIMES), SHUFFLE**

- &1 Right beside left. Cross right over left
- 2 Unwind ½ turn right. (weight ends on left)
- 3&4 Touch right heel forward, right beside left, touch left toe back
- 5 Step left foot forward
- 6 Step right foot forward
- 7&8 Left shuffle forward (left, right, left)

### **CROSS STEP, HEEL JACK, CROSS STEP, HEEL JACK**

- 1 Cross right over left
- 2 Step left to left side
- 3&4 Cross right behind left, left beside right, touch right feet diagonally forward to right
- &5 Right beside left, cross left over right
- 6 Step right to right side
- 7&8 Cross left behind right, right beside left, touch left heel diagonally forward to left

### **PADDLE TURNS (HALF TURN TOTAL) SMOOTHLY HIP ROLLS**

- &1 Left beside right. Step forward on right
- 2 Turn  $\frac{1}{4}$  turn to left, weight ending on left
- 3 Step forward on right
- 4 Turn  $\frac{1}{4}$  turn to left, weight ending on left
- 5 Roll hips smoothly to left
- 6 Roll hips smoothly to right
- 7 Roll hips smoothly to left
- 8 Roll hips smoothly to right

**On count 5-8 hold hands like pistols**

---