

Here Is My Heart

COPPER KNOB
BY STEPHEN BRETTS

拍数: 48 墙数: 2 级数: Intermediate
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音乐: Here Is My Heart - Lionel Richie



ROCK, SHUFFLE BACK, COASTER, FULL TURN

1-2 Rock forward on right, recover back on left
3&4 Shuffle back stepping right, left, right
5&6 Step left back, step right beside left, step left forward
7-8 Make ½ turn left and step back on right, make ½ turn left and step forward on left
The full turn during counts 7-8 can be replaced with two walks forward

¼ PIVOT, CROSS SHUFFLE, STEP, ½ HINGE TURN, CROSS SHUFFLE

9-10 Step forward on right, pivot ¼ turn left
11&12 Step right across left, step left to left, step right across left
13-14 Step left to left, make ½ turn right and step right to right
15&16 Step left across right, step right to right, step left across right

SIDE, BEHIND, SIDE SHUFFLE, ROCK, FORWARD COASTER

17-18 Step right to right, step left behind right
19&20 Step right to right, step left beside right, step right to right
21-22 Rock left behind right, recover forward onto right
23&24 Step left forward, step right beside left, step back on left

ROCK, FORWARD COASTER, ROCK, STEP, TOUCH

25-26 Rock right behind left, recover forward onto left
27&28 Step right forward, step left beside right, step back on right
29-30 Rock back on left, recover forward on right
31-32 Step forward on left, touch right behind left heel

TURN & KICK, STEP, TOUCH, ¼ TURN, HITCH & KICK, STEP, COASTER

&33-34 On ball of left make ½ turn right and kick right forward, step back on right
35-36 Touch left toes back, make ¼ turn left and transfer weight onto left foot
&37-38 Hitch right knee, kick right forward, step back on right
39&40 Step back on left, step right beside left, step forward on left

HEEL GRIND, COASTER, STEP, TOE-DIG, HEEL PUMP-ACTION

41-42 Grind right heel forward, step back on left
43&44 Step back on right, step left beside right, step forward on right
45-46 Step forward on left, dig right toes beside left in-step
&47& Quickly raise right knee and then push right heel slightly forward and down towards floor (do not touch floor), raise right heel
48& Push right heel slightly forward and down towards floor (do not touch floor), raise right heel
The movement required on counts 47-48 is exactly like using a foot pump

REPEAT

TAG

Insert immediately after 5th repetition

SHUFFLE, STOMP-UP, TURN & FLICK: TWICE

1&2 Shuffle forward stepping right, left, right
3-4 Stomp-up left beside right, make ½ turn right and flick left back (click fingers)

5&6

Shuffle forward stepping left, right, left

7-8

Stomp-up right beside left, make $\frac{1}{2}$ turn left and flick right back (click fingers)
