

Here Is My Heart

COPPER **KNOB**
STEPSHEETS

拍数: 0 墙数: 2 级数: Improver
编舞者: Mervyn Beasley (UK)
音乐: Here Is My Heart - Lionel Richie



Sequence: AB, AC, AB, AC, CBB, TAG, ACC, AA, AC

PART A

RIGHT ROCK STEP, ½ TRIPLE TURN, LEFT ROCK STEP, ¾ TRIPLE TURN

1-2 Rock forward on right, rock back onto left
3&4 Triple step ½ right, stepping right, left, right
5-6 Rock forward on left, rock back onto right
7&8 Triple step ¾ left, stepping left, right, left

RIGHT SIDE ROCK, CROSS SHUFFLE, LEFT SIDE ROCK, CROSS SHUFFLE

1-2 Step right to side, recover weight onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Step left to side, recover weight onto right
7&8 Cross left over right, step right to right side, cross left over right,

HINGE TURN AND SIDE HOLD, ROCK STEP, COASTER STEP

1-2 Step right to side, make ½ turn left stepping left to left side
&3-4 Step right beside left, step left to left side, hold
5-6 Rock forward on right, recover weight onto left
7&8 Step back onto right, step left beside right, step forward right

POINT, HOLD, BEHIND & CROSS, ¼ TURN STOMP, HOLD, KICK STEP TOUCH

1-2 Point left toe to left side, hold
3&4 Step left behind right, step right to right side, cross left over right
5-6 Stomp right ¼ turn right, hold
7&8 Kick left forward, step onto left, touch right toe beside left

PART B

OUT, OUT, HOLD, & CROSS, UNWIND TWICE

&1-2 Step feet slightly apart (right left), hold
&3-4 Step left beside right, cross right over left, unwind ½ turn left
&5-6 Repeat counts &1-2
&7-8 Repeat counts &3-4

TOE SWITCHES, CLAP TWICE, RIGHT KICK BALL CHANGE TWICE

1&2 Touch right to right side, step right beside left, touch left to left side
&3&4 Step left beside right, touch right to right side, clap hands twice
5&6 Kick right foot forward, step on ball of right, step left beside right
7&8 Repeat counts 5&6

PART C

¼ MONTEREY TURN TWICE

1-2 Touch right toe to right side, on ball of left make ¼ turn right bringing right beside left
3-4 Touch left toe to left side, step left beside right
5-8 Repeat counts 1-4

TOE HEEL STRUT BOX

- 1-2 Cross right to over left, snap down right heel
- 3-4 Step left toe back, snap down left heel
- 5-6 Step right toe to right side, snap down right heel
- 7-8 Step left toe slightly forward, snap down left heel

TAG

Dance tag only once facing back wall

HIP BUMPS AND HIP ROLL

- 1-2 Bump right hip forward twice
 - 3-4 Bump left hip back twice
 - 5-8 Roll hips full circle left
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