

Happy Heart

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Beginner
编舞者: Sylvia Schell (USA)
音乐: If My Heart Had Wings - Faith Hill



ROCK FORWARD RIGHT, RECOVER, ROCK BACK RIGHT, RECOVER, ROCK FORWARD RIGHT, RECOVER, ROCK BACK RIGHT, RECOVER

1-4 Rock forward right, recover left, rock back right, recover left
5-8 Rock forward right, recover left, rock back right, recover left

FORWARD RIGHT, BEHIND WITH LEFT (LOCKING STEP), TRIPLE RIGHT, STEP LEFT ¼ TURN RIGHT, BUMP LEFT HIP TWICE

1-2 Step right foot forward, slide left behind right (locking step)
3&4 Triple right (right-left-right)
5-6 Step forward left, pivot ¼ turn to right (weight stays on left foot)
7-8 Bump left hip twice

ROCK FORWARD RIGHT, RECOVER, ROCK BACK RIGHT, RECOVER, ROCK FORWARD RIGHT, RECOVER, ROCK BACK RIGHT, RECOVER

1-4 Rock forward right, recover left, rock back right, recover left
5-8 Rock forward right, recover left, rock back right, recover left

FORWARD RIGHT, BEHIND WITH LEFT (LOCKING STEP), TRIPLE RIGHT, STEP LEFT ¼ TURN RIGHT, BUMP LEFT HIP TWICE

1-2 Step right foot forward, slide left behind right (locking step)
3&4 Triple right (right-left-right)
5-6 Step forward left, pivot ¼ turn to right (weight stays on left foot)
7-8 Bump left hip twice

RIGHT, BEHIND, SIDE SHUFFLE RIGHT, ROCK LEFT OVER RIGHT, TURN ¼ TO LEFT, TRIPLE LEFT

1-2 Step right to right side, behind with left foot
3&4 Step right to right side, step left beside right, step right to right side
5-6 Cross rock left over right, turn ¼ turn to left
7&8 Forward triple left (left, right, left)

REPEAT