

Heart (P)

COPPER KNOB
STEPSHETS

拍数: 48 墙数: 0 级数: Partner
编舞者: Pepper Siquieros (USA)
音乐: Heart - Reba McEntire



Position: Start with couples facing each other in circle formation, man's back to center of circle facing OLOD, lady facing ILOD, both hands joined at waist level, right hands to right hands, left to left

SIDE LUNGE & TOGETHER, ¾ WALK AROUND TURN

1 **LADY:** Lunge rock to right on right foot
 MAN: Lunge rock to left on left foot

Both bring arms up and out as they lunge rock to side

2 **LADY:** Recover weight on left foot
 MAN: Recover weight on right foot

Bring arms down as you recover weight

3 **LADY:** Step right foot next to left foot
 MAN: Step left foot next to right foot

Release left hands

4 **LADY:** Step ¼ turn left onto left foot
 MAN: Step ¼ turn right onto right foot

5-6 **LADY:** Step forward on right foot and pivot ½ turn left with weight on left foot
 MAN: Step forward on left foot and pivot ½ turn right with weight on right foot

Release right hands as you step forward and pick up hands in Sweetheart Position after you complete ½ pivot turn

FORWARD WALTZ, FORWARD WALTZ AS LADY TURNS FULL TURN LEFT

1-3 **LADY:** Waltz forward right, left, right
 MAN: Waltz forward left, right, left

4-6 **MAN:** Waltz forward right, left, right
 LADY: Waltz forward with a full turn left stepping left, right, left

Bring arms up above heads as the lady turns and keep them up after turn completes ending with right hands joined together and left hands joined together above heads

BOTH FORWARD WALTZ; MAN WALTZ BACK-LADY BALANCE STEP FORWARD

1-3 Bring arms out to side and down as man steps forward left, right, left; lady steps forward right, left, right

4-6 Man steps back right, left, right, lady balance steps forward left, right, left as her arms go back and behind her body, hands still joined

MAN WALTZ FORWARD-LADY WALTZ BACK; MAN BALANCE STEP FORWARD-LADY WALTZ BACK

1-3 Man and lady switch places as man raises right hands to move forward left, right left on lady's left side and turns full turn to left. Lady steps straight back right, left, right

4-6 Man waltz balance step forward right, left, right; lady continues to waltz back slightly left, right, left. Man's arms are now back and behind his body

LADY WALTZ FORWARD WITH ½ TURN RIGHT-MAN WALTZ SLIGHTLY TO LEFT

Both begin to waltz in a circle to the right around each other

1-3 Lady moves forward to man's left side stepping right foot, left foot, pivot ½ right with weight on right foot. Man raises left arm and waltzes side left, together right, left to meet lady side by side (lady faces RLOD, man faces LOD)

4-6 Both begin to waltz in small circle to the right (man steps right, left, right; lady steps left, right, left)

Arms: after ladies turn left hands are joined above heads, ladies right arm is behind her back with right hands

joined (lady faces LOD man faces RLOD)

FORWARD WALTZ IN FULL CIRCLE TO THE RIGHT AROUND EACH OTHER

1-3 Both waltz around each other in small full circle to the right, lady steps right, left, right. Man steps left, right, left

Heads should be turned to look at each other

4-6 Both continue to move in a small circle to the right; man steps right, left, right; lady left, right, left into $\frac{1}{4}$ turn left to prep for unwind turn

Lady faces ILOD, man faces LOD

LADY UNWINDS 2 $\frac{1}{4}$ TURNS LEFT-MAN WALTZ IN PLACE

1-3 Lady begins to unwind and make a total of 2 $\frac{1}{4}$ turns left in place stepping right, left, right. Man steps left, right, left in place

4-6 Both move in a small circle to the left as lady finishes unwind and steps left into $\frac{1}{2}$ turn left, right into $\frac{1}{4}$ turn left, left; man steps right, left, right

Lady ends up facing OLOD, man ILOD

Arms: after ladies completes 2 $\frac{1}{4}$ turns, right hands are joined above heads, ladies left arm is behind her back with left hands joined and both should turn heads to look into each others eyes

FORWARD WALTZ IN $\frac{1}{2}$ CIRCLE TO THE LEFT AROUND EACH OTHER AS LADY TURNS RIGHT TO FACE ILOD, MAN FACES OLOD

1-3 **LADY:** Cross right foot over left foot, step left foot $\frac{1}{4}$ turn right, step right foot $\frac{1}{4}$ turn right

MAN: Step left, right, left to face OLOD/partner

Lady ends facing ILOD/partner. Both end with hands joined in front, right hands to right, left to left

BOTH 3 COUNT WEAWE TO SIDE

4-6 **LADY:** Weave right crossing left foot over right foot, right foot step to right side, left foot cross behind right foot

MAN: Weave left crossing right foot behind left foot, left foot step to left side, right foot cross over left foot

Both end with hands joined in front at waist level, right hand to right, left to left

REPEAT
