

Heart On My Sleeve

COPPERKNOB
BY STEPHEN HETS

拍数: 52 墙数: 2 级数: Intermediate
编舞者: Glynn Rodgers (UK) & Lyn Kent (UK)
音乐: Turn the Lights Out When You Leave - Elton John



CROSS, SIDE ROCK, CROSS, SIDE ROCK, BACK, TURN, CHASSE RIGHT

1&2 Moving slightly forward, cross right over left, rock left to left side, recover weight onto right
3&4 Moving slightly forward, cross left over right, rock right to right side, recover weight onto left
5-6 Step back right, make $\frac{1}{2}$ turn left stepping forward left
7&8 Step right to right side, close left to right, step right to right side

TURN, CHASSE, CROSS TWINKLE, CROSS TWINKLE TURN, CROSS, SIDE ROCK

& Hitch left knee turning $\frac{1}{4}$ left
1&2 Step left to left side, close right to left, step left to left side
3&4 Cross right over left, close left to right, step right to place
5&6 Cross left over right, make $\frac{1}{2}$ left on the spot stepping right & left
7&8 Cross right over left, rock left to left side, recover weight onto right

TOUCH, UNWIND, SIDE & CROSS, EXTENDED GRAPEVINE, SIDE ROCK

1-2 Touch left behind right, unwind $\frac{3}{4}$ turn left
3&4 Rock right to right side, recover weight onto left, cross right over left
& Step right to right side

Restart here on walls 3 & 6

5 Cross left behind right
&6 Step right to right side, cross left over right
7-8 Rock left to left side, recover weight onto right

HINGE TURN, HOLD, CLOSE, TURN, ANCHOR STEP, BACK, LOCK STEP, TURN

1-2 Turn $\frac{1}{2}$ left stepping left to left side, hold
&3 Close right to left, turn $\frac{1}{4}$ left stepping forward left
4&5 With right behind left rock weight on right, recover weight onto left, step slightly back onto right
6&7 Step back left, cross right over left, step back left
8 Turn $\frac{1}{2}$ right stepping forward right

SWAY, CLOSE, CROSS SHUFFLE, TURNING HEEL SWITCHES

1-2 Sway hips left & right
& Close left to right
3&4 Cross right over left, step left to left side, cross right over left
5&6 Turn $\frac{1}{4}$ left digging left heel forward, step left to place, dig right heel forward
& Turn $\frac{1}{4}$ left stepping right to place
7&8 Dig left heel forward, step left to place, dig right heel forward
& Step right to place

STEP, PIVOT TURN, TURN, QUICK ROCK, ROCK, BALL CROSS, TURN, CLOSE

1 Step forward left
2&3 Step forward right, pivot $\frac{1}{2}$ left, turn $\frac{1}{2}$ left stepping back right
4& Rock back left, recover weight onto right
5-6 Rock forward left, recover weight onto right
& Step left beside right
7 Cross right over left

8& Turn ¼ right stepping back left, close right to left

ROCK STEP, TRIPLE TURN

1-2 Rock forward left, recover weight onto right

3&4 Triple full turn left stepping left-right-left

REPEAT

RESTART

On walls 3 and 6, dance only counts 1-20& before restarting the dance
