

# Heart On My Sleeve

**COPPER** **NOB**  
BY STEPHEN

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  $\frac{1}{4}$  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

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