

# Heart To Hold

**COPPER** KNOB  
BY STEPHEN B. B. B.

拍数: 48      墙数: 4      级数: Intermediate/Advanced  
编舞者: Alan Birchall (UK)  
音乐: Ain't That A Lot Of Love - Tom Jones & Simply Red



## HEEL SWITCHES & HOLDS

1&2      Touch right heel forward, step right by left, touch left heel forward  
&3      Step left by right, touch right heel forward  
4      Hold  
&5&      Step right by left, touch left heel forward, step left by right  
6&7      Touch right heel forward, step right by left, touch left heel forward  
8      Hold

## ROCK FORWARD, RECOVER, ¾ SHUFFLE TURN, LEFT SIDE SHUFFLE, CROSS UNWIND

&9-10      Step left by right, rock forward on right, recover on left  
11&12      Make ¾ shuffle turn over right shoulder (backwards), stepping right, left, right (weight ends on right)  
13&14      Step left to left side, step right by left, step left, to left  
15-16      Cross right behind left, unwind ½ turn right

## SYNCOPATED VINE, UNWIND ½ TURN, HIP WALKS

17-18      Step left to left, cross right behind left  
&19-20      Step left to left, cross right over left, unwind ½ turn left  
21&22      Step forward on right while bumping hips right, left, right  
23&24      Step forward on left while bumping hips, left, right, left

## STEP ½ PIVOT, TOUCH, TOUCH, ½ PIVOT RIGHT, HOLD, FULL TURN RIGHT

25-26      Step forward on right, make ½ pivot turn left  
27-28      Touch right toe forward, touch right toe back  
29-30      On ball of left foot make ½ pivot turn right (weight transfers to right), hold  
31      On ball of right make ½ pivot turn right, while stepping on to left  
32      On ball of left make ½ pivot turn right, while stepping on to right

## ROCK, RECOVER, COASTER STEP, STEP ½ PIVOT, TOUCH, TOUCH

33-34      Rock forward on left, recover on right  
35&36      Step back on left, step right beside left, step forward on left  
37-38      Step forward on right, make ½ pivot left  
39-40      Touch right toe forward, touch right toe back

## ½ RIGHT, HOLD, FULL TURN, ROCK RECOVER, COASTER STEP

41-42      On ball of left foot make ½ pivot turn right (weight transfers to right), hold  
43      On ball of right make ½ pivot turn right, while stepping on to left  
44      On ball of left make ½ pivot turn right, while stepping on to right  
45-46      Rock forward on left, recover on right  
47&48      Step back on left, step right beside left, step forward on left

## REPEAT

## OPTIONAL: INTRO STARTING ON MUSIC (USED ONLY WITH THE SIMPLY RED TRACK)

### HEEL SWITCH'S & HOLDS

1&2      Touch right heel forward, step right by left, touch left heel forward  
&3      Step left by right, touch right heel forward

4 Hold  
&5& Step right by left, touch left heel forward, step left by right  
6&7 Touch right heel forward, step right by left, touch left heel forward  
8 Hold

**ROCK FORWARD, RECOVER, ¾ SHUFFLE TURN, LEFT SIDE SHUFFLE, CROSS UNWIND**

&9-10 Step left by right, rock forward on right, recover on left  
11&12 Make ¾ shuffle turn over right shoulder (backwards), stepping right, left, right (weight ends in right)  
13&14 Step left to left side, step right by left, step left, to left  
15-16 Cross right behind left, unwind ½ turn right

**SYNCOPATED VINE, UNWIND ½ TURN, HIP WALKS**

17-18 Step left to left, cross right behind left  
&19-20 Step left to left, cross right over left, unwind ½ turn left  
21&22 Step forward on right while bumping hips right, left, right  
23&24 Step forward on left while bumping hips, left, right, left

**HIP WALKS, STEP ½ PIVOT, STOMP, STOMP**

25&26 Step forward on right while bumping hips right, left, right  
27&28 Step forward on left while bumping hips, left, right, left  
29-30 Step forward on right, make ½ pivot turn left  
31-32 Stomp right in place, stomp left in place

**START MAIN DANCE**

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