

Heart To Hold

COPPER KNOB
BY STEPHEN

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, $\frac{3}{4}$ SHUFFLE TURN, LEFT SIDE SHUFFLE, CROSS UNWIND

&9-10 Step left by right, rock forward on right, recover on left
11&12 Make $\frac{3}{4}$ 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 $\frac{1}{2}$ turn right

SYNCOPATED VINE, UNWIND $\frac{1}{2}$ TURN, HIP WALKS

17-18 Step left to left, cross right behind left
&19-20 Step left to left, cross right over left, unwind $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ pivot turn left
31-32 Stomp right in place, stomp left in place

START MAIN DANCE
