

A Good Heart

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Rob Fowler (ES)
音乐: A Good Heart - Feargal Sharkey



Choreographed for British Heart Foundation World Record Attempt. 2nd September 2001, Aintree Racecourse, Liverpool. Call 0151 236 6988 for more details

WALK FORWARD, KICK WITH CLAP, DIAGONAL STEPS BACK & TOUCH

1-2 Step forward left, step forward right
3-4 Step forward left, kick right forward, clapping hands
5-6 Step right diagonally back right, touch left beside right with clap
7-8 Step left diagonally back left, touch right beside left with clap

GRAPEVINE RIGHT, HIP BUMPS LEFT, HIP BUMPS RIGHT

9-10 Step right to right side, cross left behind right
11-12 Step right to right side, touch left beside right
13-14 Step left to left side, bumping hips left, bump hips left again
15-16 Bump hips to right side, bump hips right again

GRAPEVINE ¼ TURN LEFT, BRUSH, HEEL, TOE, HEEL, HOOK, HEEL, STEP

17-18 Step left to left side, cross right behind left
19-20 Step left ¼ turn left, brush right foot forward
21-22 Touch right heel forward, touch right toe back
23& Touch right heel forward, hook right heel across left leg
24& Touch right heel forward, step right beside left

HEEL, TOE, HEEL, HOOK, HEEL, TOUCH, LEFT & RIGHT SHUFFLE BACKS

25-26 Touch left heel forward, touch left toe back
27& Touch left heel forward, hook left heel across right leg
28 Touch left heel forward
29&30 Step back left, close right beside left, step back left
31&32 Step back right, close left beside right, step back right

REPEAT
