

# Free The Heart

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Sylvia Schell (USA)  
音乐: Adventures In Paradise - Ace of Base



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## CROSS, SIDE, SAILOR, STEP, ½ TURN LEFT, TRIPLE RIGHT

1-2            Cross left over right, step right  
3&4           Cross left behind right, step right to right, step in place with left  
5-6           Step forward right, pivot ½ turn to left  
7&8           Triple right (right, left, right)

## CROSS, SIDE, SAILOR, STEP, ½ TURN LEFT, TRIPLE RIGHT

1-2            Cross left over right, step right  
3&4           Cross left behind right, step right to right, step in place with left  
5-6           Step forward right, pivot ½ turn to left  
7&8           Triple right (right, left, right)

## WALK LEFT, RIGHT, HIP ROLLS, RIGHT, BEHIND & HEEL & CROSS

1-2            Walk forward left, right  
3-4            Roll hips to the right (weight ending on left)  
5-6&          Step right to right, cross behind with left, hop onto right  
7&8           Touch left heel forward, hop back on left, cross right over left (weight goes to right)

## LEFT, BEHIND & HEEL & CROSS, STEP, ¼ TURN LEFT, TRIPLE RIGHT

1-2&          Step left to left, cross behind with right, hop onto left  
3&4           Touch right heel forward, hop back on right, cross left over right (weight goes to left)  
5-6           Step forward right, pivot ¼ turn left  
7-8           Triple right (right, left, right)

**REPEAT**

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