

Cross My Heart

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Advanced west coast swing
编舞者: Cato Larsen (NOR)
音乐: Cross My Heart - A*Teens



TOE TAP'S, STEP, ½ TURN, FULL TURN PENCIL SPIN, OUT-OUT, KNEE POP

1&-2& Tap right toe forward, step right next to left, tap left toe forward, step left next to right
3-4 Step forward on right, pivot ½ turn left
5 Pivot full turn left touching right toe next to left
&6 Step right slightly right, step left slightly left
7-8 Pop right knee in towards left knee, pop right knee out turning ¼ turn right

AND CROSS, SIDE, AND CROSS, SIDE, AND POINT, FLICK, CROSS, ¼ TURN

&1-2 Step ball of right slightly back, cross left over right, step right to right side
&3-4 Step ball of left slightly back, cross right over left, step left to left side
&5 Step ball of right slightly back, cross left over right
&6 Touch right toe to right side, turning body slightly left diagonal; flick right foot out and back
7-8 Cross right over left, pivot ¼ turn right stepping back on left

STEP BACK, COASTER STEP, STEP FORWARD & OUT, HOLD, TOGETHER, SIDE, SLIDE & TOUCH

1 Step back on right
2&3 Step back on left, step right next to left, step forward on left
4 Step forward on right
&5-6 Step forward on left, step right slightly right, hold
&7-8 Step left next to right, step right to right side, slide left to touch beside right

SYNCOPATED ROLLING VINE, POINT & SWITCH INTO A SYNCOPATED MONTEREY TURN, TOE POINTS

1-2& Step left 1/ turn left, pivot ½ turn left stepping back on right, pivot ¼ turn left stepping left to left side
3-4 Cross right over left, point left toe to left side
&5 Step left next to right, point right toe to right side
&6 Pivot ½ turn right stepping right next to left, point left toe to left side
7-8 Point left toe forward across of right, point left toe to left side

TWINKLE LEFT, POINT & POINT, TWINKLE RIGHT, CROSS, HITCH ¼ TURN

1&2 Step left diagonally across of right, step right diagonally forward right, step left diagonally forward left
3-4 Point right toe forward across of left, point right toe to right side
5&6 Step right diagonally across of left, step left diagonal forward left, step right diagonal forward right
&7-8 Step left diagonally across of right, turning ¼ turn left hitch your right knee, hold

ROCK STEP, TRIPLE FULL TURN, SIDE, TAP & STEP, CROSS, UNWIND FULL TURN

1-2 Step forward on right, rock back (recover) on left
3&4 Triple full turn right stepping right, left, right
5&6 Step left to left side, tap right toe to right side, step down on right foot where it is
7-8 Cross left over right, unwind full turn right

SWEEP INTO A SAILOR STEP, HOLD, SIDE STEPS WITH SHOULDER POPS RIGHT

1 Sweep right out in front and back ready to do a sailor step.
2&3-4 Sailor step right, hold

- &5 Step left next to right, step right to right side
6-7 Lean onto right leg and pop left shoulder diagonally forward and down towards the floor twice
8 Rise up to an upstanding position

SIDE STEPS WITH SHOULDER POPS LEFT, AND STEP, ¼ TURN, AND STEP, ¼ TURN

- &1 Step right next to left, step left to left side
2-3 Lean onto left leg and pop right shoulder diagonally forward and down towards the floor twice
4 Rise up to an upstanding position
&5-6 Step ball left slightly back, step forward on right, pivot ¼ turn left. (weight ends on right)
&7-8 Step ball left slightly back, step forward on right, pivot ¼ turn left. (weight ends on left)

REPEAT
