

# Brainwave From My Heart

**COPPERKNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: David Sinfield (UK)  
音乐: Bottom Of My Heart - Ethan Allen



## 3 SHUFFLES FORWARD AND SYNCOPATED TURN

1&2      Step right forward, close left beside right, step right forward  
3&4      Step left forward, close right beside left, step left forward  
5&6      Step right forward, close left beside right, step right forward  
7&8      Cross left over right, step back right, step left into ¼ turn left

## 3 SHUFFLES FORWARD AND SYNCOPATED TURN

9-16      Repeat steps 1-8

## MAMBO STEPS X 4 STARTING RIGHT

17&18      Rock forward right, rock back left, step right in place  
19&20      Rock forward left, rock back right, step left in place  
21&22      Rock forward right, rock back left, step right in place  
23&24      Rock forward left, rock back right, step left in place

## HEEL AND TOE SWITCHES RIGHT & LEFT

25-26      Touch right heel forward, touch right toe back  
27-28      Touch right heel forward, stomp right  
29-30      Touch left heel forward, touch left toe back,  
31-32      Touch left heel forward, stomp left

## TOE TOUCHES, SIDE STEPS, CHASSE RIGHT, BACK ROCK

33-34      Touch right toe to right side, touch right beside left  
35-36      Step right to right side, close left beside right  
37&38      Step right to right side, close left beside right, step right to right side  
39-40      Rock back left, rock forward right

## TOE TOUCHES, SIDE STEPS, CHASSE LEFT, BACK ROCK

41-42      Touch left toe to left side, touch left beside right  
43-44      Step left to left side, close right beside left side  
45&46      Step left to left side, close right beside left, step left to left side  
47-48      Rock back right, rock forward left

## HEEL SWITCHES, CROSS TAP

49&-50&      Touch right heel forward, step right in place, touch left heel forward, step left in place,  
51-52      Touch right heel forward, cross touch right over left  
53-56      Repeat steps 49-52

## PADDLE TURNS, SAILOR STEP, BACK PIVOT ½ TURN

57-60      Step right into 1/8 of turn left, step right in 1/8 of turn left (you should have pivot ¼ turn left)  
61&62      Cross right behind left, step left to place, step right in place  
63-64      Touch left toe back, pivot back ½ turn left (keeping weight on left)

## REPEAT