

# The Beat Of A Heart

**COPPER** KNOB  
BY STEPHENETS

拍数: 92      墙数: 2      级数: Improver  
编舞者: Trish Arena (AUS)  
音乐: Long Slow Beautiful Dance - Rascal Flatts



## FORWARD TOUCH, BACK TOUCH, ROLL FULL TURN, STEP DRAG

1-2      Step left forward at left diagonal, touch right beside left  
3-4      Step right back at right diagonal, touch left beside right  
5-8      Traveling left and turning a full turn, step left-right-left, drag right to touch beside left  
9-16     Repeat/mirror steps 1-8, starting on right

## LEFT SAILOR, RIGHT SAILOR, ROCK BACK, REPLACE, ½ SHUFFLE

17&18    Step left behind right, step right to side, replace weight left  
19&20    Step right behind left, step left to side, replace weight right  
21-22    Rock back on left, replace weight right  
23&24    Traveling forward turn ½ right while you shuffle left-right-left

## RIGHT SAILOR, LEFT SAILOR, ROCK BACK, REPLACE, STEP FORWARD, ¾ PIVOT

25&26    Step right behind left, step left to side, replace weight right  
27&28    Step left behind right, step right to side, replace weight left  
29-30    Rock back on right, replace weight left  
31-32    Step forward on right, pivot ¾ left (take weight on left)

Restart here during wall 1

## ROCK FORWARD, REPLACE, SHUFFLE BACK, TOE BACK, ½ TURN, SHUFFLE SIDE

33-34    Rock forward on right, replace weight left  
35&36    Shuffle backwards right-left-right  
37-38    Touch left toe back, turn ½ left (take weight on left)  
39&40    Shuffle to right side right-left-right

## ¼ PIVOT, CROSS SHUFFLE, ½ TURN, CROSS SHUFFLE

41-42    Step forward on left, pivot ¼ right (weight on right)  
43&44    Cross shuffle left over right, stepping left-right-left  
45-46    Turn ¼ left step back on right, turn ¼ left step side left  
47&48    Cross shuffle right over left, stepping right-left-right

## & ROCK BACK, REPLACE, & ROCK BACK, REPLACE, & CROSS BEHIND, UNWIND ¾, ¼ PIVOT

&49-50    Step left to side, rock back right, replace weight left  
&51-52    Step right to side, rock back left, replace weight right  
&53-54    Step left to side, cross right behind left, unwind ¾ turn right, taking weight on right  
55-56    Step forward on left, pivot ¼ right (weight on right)

## CROSS SHUFFLE, & CROSS, HOLD, ¼ TURN, & CROSS, HOLD, ¼ TURN, & CROSS, HOLD

57&58    Cross shuffle left over right, stepping left-right-left  
&59-60    Step side right, cross left over right, hold  
&61-62    Turn ¼ right and step side right, cross left over right, hold  
&63-64    Turn ¼ right and step side right, cross left over right, hold

## ROCK SIDE, REPLACE, BEHIND-SIDE-ACROSS, ROCK SIDE, REPLACE BEHIND-SIDE-ACROSS

65-66    Rock side right, replace weight left  
67&68    Cross right behind left, step side left, cross right over left

69-70 Rock side left, replace weight right  
71&72 Cross left behind right, step side right, cross left over right

### **ROCK FORWARD, REPLACE, FULL TURN TRIPLE**

73-74 Rock forward on right, replace weight left  
75&76 Full turn triple right, stepping right-left-right

**Restart here during wall 2**

### **2 X CROSS SAMBAS, ACROSS, SIDE, BEHIND, SIDE, ACROSS, SIDE, BEHIND**

77&78 Cross left over right, step right to side, replace weight left  
79&80 Cross right over left, step left to side, replace weight right  
81&82& Cross left over right, step right to side, cross left behind right, step right to side  
83&84 Cross left over right, step right to side, cross left behind right

### **RIGHT SAILOR, LEFT SAILOR, BEHIND, SIDE, ACROSS, SIDE, BEHIND, SIDE ACROSS**

85&86 Step right behind left, step left to side, replace weight right  
87&88 Step left behind right, step right to side, replace weight left  
89&90& Step right behind left, step left to side, cross right over left, step left to side  
91&92 Step right behind left, step left to side, cross right over left

### **REPEAT**

### **RESTART**

**Restart during wall 1, after count 32. You will be facing the back on count 30. Convert counts 31 and 32 ( $\frac{3}{4}$  pivot) to a  $\frac{1}{2}$  pivot so you are facing the front for the restart, and add an "&" by stepping right beside left, to enable the dance to be restarted at the front on the left foot**

**Restart during wall 2, after count 76**

### **FINISH**

**Dance finishes during the 5th repetition. Step forward on right (count 31) turn a full turn left and step forward on left (count 32), drag right to touch beside left**

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