

All My Heart

COPPER KNOB
BY STEPHEN BATES

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Bill Bader (CAN)
音乐: Like We Never Had a Broken Heart - Trisha Yearwood



FORWARD, ROCK BACK, ½ TURN, FORWARD, ½ PIVOT; REPEAT MIRROR IMAGE

- 1-2& (SQQ) Step right forward swaying the hip forward, rock step back onto left, step right back turning ½ right
3-4 (SS) Step left forward, pivot turn ½ right onto right
5-6& (SQQ) Step left forward, rock back onto right, step left back turning ½ left
7-8 (SS) Step right forward, pivot turn ½ left onto left

Styling: on counts 1 and 5 do a slight lift

SIDE, SAILOR STEP, BEHIND-SIDE-FORWARD, ROCK BACK, TURN BACK (½ ½), BACK

- 1-2& (SQQ) Step right to right side slightly forward, cross step left behind right, step right to right side
3-4& (SQQ) Step left to left side, cross step right behind left, step left to left side
5-6& (SQQ) Step right forward, rock step back onto left, step right back turning ½ right
7-8 (SS) Step left forward turning ½ right, step right back

Notice that counts 4& are the first 2 steps of a second 'sailor', but they carry into a rock forward, back. This can be cued as "side, sailor one, sailor forward, back, turn-turn, back"

BACK, ROCK FORWARD, STEP-LOCK-STEP-FORWARD ¼, BACK, ROCK FORWARD, SPIN, START A SHUFFLE

- 1-2 (SS) Step left back, rock step forward onto right
3&4& (QQQQ) Step left forward, lock step right forward, step left forward, step right forward turning ¼ left
5-6 (SS) Step left back turning the left shoulder back strongly, rock step forward onto right
7-8& (SQQ) Step left forward spinning a full turn right, start a shuffle forward on right-left

Option (not every rotation!): complete another full turn on right-left

FORWARD, SHUFFLE BACK, SIDE, CROSS, ROCK, SIDE, CROSS, UNWIND FULL TURN

- 1-2& (SQQ) Finish the shuffle forward on right, start a shuffle back on left-right
3-4 (SS) Finish the shuffle back on left, step right to right side
Styling option: Just prior to this step, close the right toe to the left instep.
5-6& (SQQ) Cross step left over right, rock step back onto right, step left slightly to left side
7-8 (SS) Cross right over left, unwind a full turn left on left

REPEAT