

Heart Of Mine

COPPER **KNOB**
BY STEPHEN BRETTS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Ross Brown (ENG) - August 2007
音乐: Heart of Mine - Helena Paparizou : (CD: The Game Of Love)



MAMBO FORWARD, MAMBO BACK, SIDE MAMBO, SIDE MAMBO TOUCH

1&2 Rock forward with right, recover onto left, step right next to left.
3&4 Rock back with left, recover onto right, step left next to right.
5&6 Rock right to the right, recover onto left, step right next to left.
7&8 Rock left to the left, recover onto right, touch left next to right.

& ¾ TURN SWEEP, STEP LOCK STEP, STEP LOCK, STEP, HIP BUMPS

&1 Step left next to right, make a ¾ turn left sweeping right foot around left.
2&3 Step forward with right, lock left behind right, step forward with right.
4&5 Step forward with left, lock right behind left, step forward with left.
6-7 Bump hips; right, left.
&8 Bump hips; right, left.

CROSS, BACK, & LOCK BACK LOCK, SIDE, BACK, EXTENDED CROSS SHUFFLE

1-2 Cross step right over left, step back with left.
&3&4 Step back with right, lock left in front of right, step back with right, lock left in front of right.
5-6 Step right to the right, step slightly back with left.
7&8&1 Cross step right over left, close left up to right, cross step right over left, close left up to right, cross step right over left.

¾ UNWIND, CROSS SIDE ROCK, CROSS SIDE ROCK, TOUCH BALL STEP

2 Unwind a ¾ turn left.
3&4 Cross right over left, rock left to the left, recover onto right.
5&6 Cross left over right, rock right to the right, recover onto left.
7&8 Touch right next to left, step right next to left, step slightly forward with left.

TAGS: Danced twice on wall 2 and once on wall 4 after completing this section, both times facing 12 o'clock, then start the dance again.

1-2 Rock back with right, recover onto left.

EIGHT SHAPE - STEP, ¼ TURN STEP, ¼ TURN SHUFFLE, STEP, ¼ TURN STEP, ¼ TURN SHUFFLE

1-2 Step right forward to left diagonal, make a ¼ turn right stepping left forward to left diagonal.
3&4 Make a ¼ turn right stepping right forward to left diagonal, close left up to right, step right forward to right diagonal.
5-6 Step left forward to right diagonal, make a ¼ turn left stepping right forward to right diagonal.
7&8 Make a ¼ turn left stepping left forward to right diagonal, close right up to left, step left forward to left diagonal.

CROSS & HEEL, & CROSS & HEEL, & CROSS, BACK, & SHUFFLE FORWARD

1&2 Cross step right over left, step left to the left, tap right heel forward.
&3&4 Step right next to left, cross step left over right, step right to the right, tap left heel forward.
&5-6 Step left next to right, cross step right over left, step back with left.
&7&8 Step right next to left, step forward to left, close right up to left, step forward to left.