

Left With My Heart

COPPERKNOB
BY STEPHEN BRETZ

拍数: 48 墙数: 2 级数: Intermediate Waltz
编舞者: Jacquie Winchester (UK) - January 2008
音乐: Left With My Heart - Brushwood



Intro: 12 counts

CROSS ROCK, RECOVER, ¼ TURN RIGHT

1 – 3 Cross right foot over left, recover weight on left foot, turning ¼ right step forward on right foot
STEP, PIVOT ½ RIGHT, STEP

4 – 6 Step forward on left foot, pivot ½ turn right, step forward left foot

FULL TURN LEFT

7 – 9 Travelling forwards turn a full turn left on right, left, right (or walk forward R,L,R)

ROCK FORWARD, RECOVER, STEP BACK

10 – 12 Rock forward on left foot, recover weight on right foot, step back on left foot

¼ TURN RIGHT, LUNGE, RECOVER

13 – 15 Turning ¼ to right touch right foot beside left, lunge to right forward diagonal on right foot, recover weight on left foot

CROSS, ¼ TURN LEFT, ½ TURN LEFT TOUCH

16 – 18 Cross right foot behind left, turning ¼ left step forward on left foot, keeping weight on left foot turn a further ½ left ending with right foot touched beside left

ROCK FORWARD, BACK, ¼ TURN RIGHT

19 – 21 Rock forward on right foot, recover weight on left foot, turn ¼ to right stepping right foot to right

CROSS, SIDE ROCK, RECOVER

22 – 24 Cross left foot over right, rock right on right foot, recover weight on left foot

WEAVE LEFT

25 – 27 Cross right foot over left, step left on left foot, cross right foot behind left

SIDE ROCK, RECOVER, CROSS

28 – 30 Rock left on left foot, recover weight on right foot, cross left foot over right

¼ TURN LEFT, ¼ TURN LEFT, CROSS ROCK

31 – 33 Turning ¼ left step back on right foot, turning ¼ left step left on left foot, cross right foot over left

RECOVER, SIDE CHASSE

34, 35&36 Recover weight on left foot, step right foot to right, step left foot next to right, step right foot to right

ROCK FORWARD, RECOVER, SWEEP

37 – 39 Rock forward on left foot, recover weight on right foot, sweep left foot from front to back

STEP BACK, SIDE ROCK, RECOVER

40 – 42 Step back on left foot, rock right on right foot, recover weight on left foot

CROSS, ¼ TURN RIGHT, ¼ TURN RIGHT

43 – 45 Cross right foot over left, turning ¼ right step back on left foot, turning ¼ right step right on right foot

CROSS ROCK, RECOVER, SIDE

46 – 48 Cross left foot over right, recover weight on right foot, step left on left foot

START AGAIN

