

My Heart Tonight

COPPERKNOB
STEPPERS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: William Sevone (UK) - August 2008
音乐: If I Give My Heart - Eva Cassidy : (CD: Somewhere)



Dance starts after the 24 count intro on the word 'give' as in 'If I GIVE my heart to you tonight..'

Choreographers note:- Ideally suited for the experienced Advanced Beginner dancer who has just moved into the Intermediate level.

This is a 'soft' waltz - not a 'military two step'. Soften the edges - let your mind and not just your body, feel the music.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Two-x Cross-Back-Side. Full Turn Right-Step. Full Turn Left-Touch (12:00)

- 1 - 3 Cross left over right. Step right backward. Step left to left side.
- 4 - 6 Cross right over left. Step left backward. Step right to right side.
- 7 - 9 Turn ½ right & step left to left side (6). Turn ½ right & rock right to right side (12). Step onto left.

Dance tip: Count 9: as you step onto left - turn foot to left.

- 10 - 12 Turn ½ left & step right to right side (6). Turn ½ left & step left to left side (12). Touch right next to left.

Two-x Basic Diagonal Waltz. Full Turn Bwd. 1/4 Right Side. Cross-Back-Side (3:00)

- 13 - 15 Step right diagonally right. Step left next to right. Step onto right.
- 16 - 18 Step left diagonally left. Step right next to left. Step onto left.
- 19 - 21 Turn ½ right & step forward onto right (6). Turn ½ right & step backward onto left (12). Turn ¼ right & step right to right side (3).
- 22 - 24 Cross left over right. Step right backward. Step left to left side.

Fwd-1/2 Left Bwd-Together. 2x Basic Crossing Diagonal Waltz. Fwd-1/2 Right Bwd-Together (3:00)

- 25 - 27 Step right forward right. Turn ½ left & step left backward (9). Step right next to left.
- 28 - 30 Step left diagonally right. Step right next to left. Step onto left.
- 31 - 33 Step right diagonally left. Step left next to right. Step onto right.
- 34 - 36 Step left forward left. Turn ½ right & step right backward (3). Step left next to right.

Bwd Slow Coaster. 1&1/4 Sweep-Fwd. Fwd-Full Turn Sweep. Push Step. 1/4 Right Side (3:00)

- 37 - 39 Step right forward. Step left next to right. Step right backward.
- 40 - 42 Over 2 counts - sweep left 1 & ¼ left (12). Step forward onto left.
- 43 - 45 Step right forward. Over 2 counts - sweep left full turn & step forward onto left (12)

Dance tip: Count 43: as you step forward - turn foot to left

- 46 - 48 Push right forward. Step onto left. Turn ¼ right & step right to right side (3)

DANCE FINISH: Wall 7 count 39 (facing 9:00) - after which the music slows dramatically. Continue but at a slower pace to finish on count 45.. though this WILL need some practice.