

# Heart of The Ocean

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - May 2009  
音乐: Mamacita - Mark Medlock : (CD: Single)



Start after 28 count, does not include the crickets

Thanks to Kelvin for bringing the song to our attention without whom the dance would not have come to fruition ?

**(1-8) R Fwd, L Side Point, L Together, ½ R Monterey Turn, L Side Rock & Recover, L Together, R Side Rock & Recover**

1-2&      Step R fwd, point L toes to left side, step L together  
3-4      Point R toes to R side, turning ½ right step R together (6 o'clock)  
5-6&      Rock L side, recover weight on R, step L together  
7-8      Rock R side, recover weight on L

**(9-16) R Sailor, L Sailor, R Fwd, ½ L Pivot Turn, L Forward Full Turning Shuffle**

1&2      Cross step R behind L, step L side, step R side  
3&4      Cross step L behind R, step R side, step L side  
5-6      Step R forward, pivot ½ left (12 o'clock)  
7&8      Turning ½ left forward & step R back, turning ½ left forward & step L forward, step R forward

**Non-turning option 7&8: R fwd shuffle**

**(17-24) L Fwd Rock & Recover, Step L Together, R Fwd Rock & Recover, Step R Together, Step L Fwd, ¼ R Pivot Turn, L Cross Shuffle**

1-2&      Rock L forward, recover weight on R, step L together  
3-4&      Rock R forward, recover weight on L, step R together  
5-6      Step L forward, pivot ¼ right (3 o'clock)  
7&8      Cross step L over R, step R to R side, cross step L over R

**(25-32) ½ L Hinge Turn Stepping Fwd On 2nd Step, R & L Reverse Sailors Travelling Forward, R Fwd, ½ L Pivot Turn**

1-2      Turning ¼ left step R back, turning ¼ left step L forward (9 o'clock)  
3&4      Cross step R over L, rock L side, recover weight on R (travelling forward)  
**NB Last time through you will end here just add a step forward on the LEFT and strike a pose!**  
5&6      Cross step L over R, rock R side, recover weight on L (travelling forward)  
7-8      Step R forward, pivot ½ left (3 o'clock)

**AFTER every 4 walls dance the following 48 count tag .. LOL! These 48 counts always bring you back to your 12 o'clock wall**

**(1-8) R & L Reverse Sailors Travelling Forward, R Fwd, ½ L Pivot Turn, 2 Count Full Turn Fwd Turning Left**

1&2      Cross step R over L, rock L side, recover weight on R (travelling forward)  
3&4      Cross step L over R, rock R side, recover weight on L (travelling forward)  
5-6      Step R forward, pivot ½ left (6 o'clock)  
7-8      Turning ½ left forward step R back, turning ½ left forward step L forward

**Non-turning option 7-8: walk forward R, L**

**(9-16) R Fwd Rock & Recover, R Coaster Cross, L Side Rock & Recover, L Behind-Side-Cross**

1-2      Rock R forward, recover weight on L  
3&4      Step R back, step L together, cross step R over L  
5-6      Rock L side, recover weight on R

7&8 Cross step L behind R, step R side, cross step L over R

**(17-24) R Side Rock & Recover, R Behind-Side-Cross, ½ R Hinge Turn, L Cross Shuffle**

1-2 Rock R side, recover weight on L

3&4 Cross step R behind L, step L side, cross step R over L

5-6 Turning ¼ right step L back, turning ¼ right step R side (12 o'clock)

7&8 Cross step L over R, step R side, cross step L over R

**(25-32) R Side Rock & Recover, R Behind-Side-Cross, L Side, R Behind-Side-Cross, L Side**

1-2 Rock R side, recover weight on L

3&4 Cross step R behind L, step L side, cross step R over L

5 Step L side

6&7 Cross step R behind L, step L side, cross step R over L

8 Step L side

**(33-40) R Cross Rock & Recover, R Ball Cross, R Side, ¼ L & L Side, ¼ L & R Side (Think Of This As Box Turn), L Sailor Step**

1-2& Cross rock R over L, recover weight on L, step R back

3-4 Cross step L over R, step R side

5-6 Turning ¼ left step L side, turning ¼ left step R side (6 o'clock)

7&8 Cross step L behind R, step R side, step L side

**(41-48) Repeat Counts 33-40 To Return To Front Wall (12 O'clock) And Begin Dance Again**

1-8 Repeat counts 33-40 (12 o'clock)

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