

Hell On The Heart

COPPER KNOB
STEPSHEETS

拍数: 96
编舞者: Gene Norton (USA) - May 2010
音乐: Hell on the Heart - Eric Church

墙数: 4

级数: Easy Intermediate



Side Rock, Recover, Cross Shuffle, ¼ turn R., Side Step, Cross, Hold

1-2 Rock R. foot to R., Recover on L.
3&4 Cross Shuffle R over L.
5-6 Turn ¼ R. stepping back on L., Step R. to R. side
7-8 Cross L. over R., Hold (3 o'clock)

Chasse R, Rock, Recover, Big Step to Left, Slide, Rock, Recover

1&2 Chasse to R. (RLR)
3-4 Rock L. behind R., Recover on R.
5-6 Take large step to L. on L., Slide R. towards L.
7-8 Rock R. behind L., Recover on L.

Rocking Chair, Toe Struts

1-2-3-4 Rock forward on R., Recover on L., Rock back on R., Recover on L.
5-6-7-8 Touch forward on R. toe, Drop heel, Touch forward on L. Toe, Drop L. Heel

¼ Turn L., Rock, Recover, Cross Shuffle, ¼ Turn R. ¼ Turn R., Cross, Hold

1-2 Turn ¼ L. and Rock R. foot to R., Recover on L.
3&4 Cross Shuffle R over L.
5-6 Turn ¼ R. stepping back on L., Turn ¼ R. Stepping R. to R. side
7-8 Cross L. over R., Hold(weight on L.)(6 o'clock)

Step Back, Touch, Step Back, Touch, Step Back, Touch, 1/8 Turn Step Forward, Touch

1-2 Step back on R., Touch L. Diagonally across R.
3-4 Step back on L., Touch R. Diagonally across L.
5-6 Repeat 1-2
7-8 Turn 1/8 L.while stepping forward on L.(4:30) , Touch R. next to L.

(The knee can be bent on the step back and then straightened on the touch across for styling)

Step Back, Touch, 1/8 Turn Step Forward, Touch, Step Forward, Touch, Step back, Touch

1-2 Step back on R., Touch L. next to R.
3-4 Turn 1/8 left while stepping forward on L.(3 o'clock), Touch R. next to L.
5-6 Step Forward on R., Touch L. next to R.
7-8 Step Back on L., Touch R. next to L.

Rock, Recover, ½ Turn, Hold, ½ Turn, Hold, ½ Turn, Hold

1-2 Rock Forward on R., Recover on L.
3-4 Turn ½ R. stepping forward on R., Hold
5-6 Turn ½ R. stepping back on L., Hold
7-8 Turn ½ R. stepping forward on R., Hold(9 o'clock)

Rock, Recover, Toe Struts Back, ½ Turn

1-2 Rock forward on L., Recover on R.
3-4. Touch back on L. Toe, Drop Heel
5-6 Touch back on R. Toe, Drop Heel
7-8 Touch back on L. Toe, Turn ½ to L.putting weight to L.(3 o'clock)

Big Step, Slide, Rock, Recover, ¼ Turn R., ¼ Turn R., Cross, Hold

1-2 Big Step to R. on R., Slide L. towards R.
3-4 Rock L. Behind R., Recover on R.
5-6 Turn ¼ R stepping back on L., Turn ¼ R. Stepping R. to R. side
7-8 Cross L. over R., Hold(9 o'clock)

Big Step, Slide, Rock, Recover, ¼ Turn R., ¼ Turn R., Cross, Hold
Repeat previous 8 counts(3 o'clock)

Scuff, Cross, Scuff, Cross, Scuff, Cross, Scuff, Step Forward

1-2 Scuff R. forward, Cross R. over L.
3-4 Scuff L. forward, Cross L. over R.
5-6 Repeat 1-2
7-8 Scuff L. forward, Step L. forward(3 o'clock)

Step, Hold, Turn, Hold, Step, Hold, Turn, Hold

1-2 Step Forward on R., Hold
3-4 Turn ½ Turn L., Hold
5-6 Repeat 1-2
7-8 Repeat 3-4 (3 o'clock)

BEGIN AGAIN

TAG: Repeat last 8 counts of dance. This is only done at the end of the first wall!!

Ending optional: The dance will end on front wall, on the 7th count of the first 8. For styling both arms can be crossed over the chest with fists to "protect your heart".

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