

The Beating Heart

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Beginner
编舞者: Alan Eades - June 2010
音乐: The Beating Heart - Markus Meier : (CD: Raindance)



Dance starts on the vocal - (I were) BORN

CROSS ROCK, RECOVER, TRIPLE STEP x 2

1-2 Rock forward on right across left, recover weight on left
3&4 Triple step on the spot R,L,R
5-6 Rock forward on left across right, recover weight on right
7&8 Triple step on the spot L,R,L

SERPIENTE

9-10 Cross right over left, step to side on left
11-12 Step right behind left, Sweep left in an arc
13-14 Finishing arc, step left behind right, step to side on right
15-16 Cross left over right, Sweep right in an arc

CROSS ROCK, RECOVER, COASTER, STEP PIVOT, SHUFFLE

17-18 Finishing arc, rock forward on right across left, Recover weight on left
19&20 Step back on right, Step left next to right, Step forward on right
21-22 Step forward on left and pivot ½ turn right – weight ending on right
23&24 Forward shuffle L,R,L

PADDLE TURN ¼ LEFT, CROSS SHUFFLE, STEP PIVOT, SHUFFLE

25-26 Touch right toe forward and turn ¼ left – weight on left
27&28 Cross shuffle to the left R,L,R
29-30 Step forward on left and pivot ½ turn right – weight ending on right
31&32 Forward shuffle L,R,L

REPEAT

Note: For ending – when starting at 6 O'clock do steps 1 to 24 (now facing 12 O'clock) then do a ROCKING CHAIR

25-26 Rock fwd on right, recover weight on left
27-28 Rock back on right, recover weight on left.