

In Your Heart

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 2 级数: High Intermediate NC2
编舞者: Malene Jakobsen (DK) - March 2011
音乐: Without You - Laura Pausini : (Album: From The Inside)



Intro: 16 counts, 17 seconds into track just before vocals, dance begins with weight on R.

[1-8] Step ½ with sweep, behind, side, cross, vine, step, walks, step turn, ½

- 1 (1) Step fwd. on L and on ball of L make ½ R sweeping R from front to back 6.00
2&3 (2) Cross R behind L, (&) step L to L side, (3) cross R over L 6.00
&4& (&) Step L to L side, (4) cross R behind L, (&) step L to L side 6.00
5-6-7 (5) Step fwd. on R, (6-7) walk fwd. L, R 6.00
&8& (&) Step fwd. on L, (8) turn ½ R, (&) turn ½ R stepping back on L 6.00

[9-16] ¼ basic, vine with cross, ¼, step ½, lock step, side rock, cross

- 1-2& (1) Turn ¼ R stepping R to R side, (2) close L behind R, (&) cross R over L 9.00
3&4 (3) Step L to L side, (&) cross R behind L, (4) step L to L side 9.00
&5 (&) Cross R over L, (5) turn ¼ L stepping fwd. on L 6.00
&6 (&) Step fwd. on R, (6) turn ½ L – weight on L 12.00
&7 (&) Lock R behind L, (7) step fwd. on L 12.00
&8& (&) Rock R to R side, (8) recover onto L, (&) cross R over L 12.00

[17-25] L basic, ¼ with sweep, cross, ¼, ¼ L basic, ¼, mambo

- 1-2& (1) Step L to L side, (2) close R behind L, (&) cross L over R 12.00
3-4& (3) Turn ¼ R stepping fwd. on R sweeping L from back to front, (4) cross L over R, (&) turn ¼ L stepping back on R 12.00
5-6& (5) Turn ¼ L stepping L to L side, (6) close R behind L, (&) cross L over R 9.00
7 (7) Turn ¼ stepping fwd. on R 12.00
8&1 (8) Rock fwd. on L, (&) recover onto R, (1) step back on L sweeping R from front to back 12.00

[26-33] Back/sweep, back, ¼, step turn, step/sweep, rock, recover/sweep, back lock, ½

- 2-3& (2) Step back on R sweeping L from front to back, (3) step back on L, (&) turn ¼ R stepping fwd on R 3.00
4&5 (4) Step fwd on L, (&) turn ½ R, (5) step fwd. on L sweeping R from back to front 9.00
6-7 (6) Rock fwd. on R, (7) recover onto L sweeping R from front to back 9.00
8&1 (8) Step back on R, (&) lock L in front of R, (1) step back on R and on ball of R make ½ turn L 3.00

[34-40] Step down, side rock ¼, cross, ¼, ¼, cross rock, side, cross rock, step

- 2 (2) Step down on L 3.00
&3& (&) Rock fwd. on R, (3) recover onto L making ¼ L, (&) cross R over L 12.00
4& (4) Turn ¼ R, stepping back on L (&) turn ¼ R stepping R to R side 6.00
5-6& (5) Rock L across R, (6) recover onto R, (&) step L to L side 6.00
7-8& (7) Rock R across L, (8) recover onto L, (&) step slightly fwd. on R

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