

Hold My Heart

COPPER KNOB
BY STEPHEN BATES

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Christine Collins (AUS) & Katherine Collins (AUS) - September 2011
音乐: Hold My Heart - Sara Bareilles : (Album: Kaleidoscope Heart)



Intro: 16 beats

[1-8] ROCK FWD, BACK ½ FWD, ROCK FWD, BACK, ¼ SIDE, R COASTER FWD, SWEEP, SWEEP

1, 2 & 3 Rock forward R, Rock back L, Step forward ½ R, Rock forward L (6:00)
4 & Rock back R, Step ¼ L to the side (3:00)
5 & 6 Step R forward, Step L together, Step R back
7, 8 Sweep L back, Sweep R back

[9-16] LOCK FWD INTO 1/8 CORNER, TURN ½ L STEP R BACK, ROCK BACK L, ROCK FWD R, STEP FWD L, STEP FWD R, ½ PIVOT, STEP L TO SIDE 1/8 RIGHT

1 & 2 Step L forward 1/8 left, lock R behind, step L forward (1:00)
& 3, 4 Turn ½ left stepping back R, Rock L back, Replace weight forward on R (7:00)
5 6 Step L forward, Step R forward
7 & 8 Step L forward pivot ½ right, turn 1/8 right stepping L to side # (3:00)

[17-24] STEP DRAG, BEHIND ½ TURN, ROCK TOGETHER, TOE UNWIND ½, HOOK, STEP FWD R, STEP FWD L

1, 2 & 3 Step R to right side, Drag L, Step behind L, Step ¼ R stepping R forward, Step ¼ R stepping L to side (9:00)
4 & Rock R, Step L together,
5 6 R toe touch behind, unwind ½ right, keep weight back on left, hook R foot (3:00)
7, 8 Step R forward, Step L forward

[25-32] SIDE ROCK CROSS, ¼ BACK, ¼ SIDE, STEP (REPEAT)

1 & 2 Rock R to right side, Replace weight L, cross R over L (3:00)
3 & 4 ¼ turn right and step L back, ¼ turn right and step R to right side, step L together (9:00)
5 & 6 Rock R to right side, Replace weight L, cross R over L
7 & 8 ¼ turn right and step L back, ¼ right turn and step R to right side, step L together * (3:00)

REPEAT

RESTART: # On Wall 4 dance to count 16 then start wall 5 to front.

TAG: * At the end of wall 7 repeat last 8 counts and restart

ENDING: Wall 10: Dance to count 19 and Drag R foot towards left.

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