

My Heart Is Always With You

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 2 级数: Improver NC motion
编舞者: Sebastiaan Holtland (NL) - October 2011
音乐: If No One Will Listen - Kelly Clarkson : (Album: All I Ever Wanted 2009)



Intro: 16 Counts (15 Sec)

[1-8] Together, Pose, Basic Nightclub R, Basic Nightclub L, Side, Hold, Replace 1/2 Turn L, Hitch.

- 1-4 Step Rf next to Lf, bring your head facedown and stay look into your R hand and bring your R hand slow down in 4 count (12:00)
- &5 Step Rf to the right, drag on Lf weight onto Rf
- 6&7 Cross rock Lf behind Rf, recover on Lf, step Lf to the left drag on Rf weight onto Lf
- 8&1 Step Rf to the right, Hold, step Lf back in place turn ½ left (6) hitch R knee Up
- *2 count HOLD here WALL 6 after 4 counts. After start again with count &5. (Facing 6 o'clock).**

[9-16] Cross Rock, Recover, Side, Cross Rock, Recover, Side, Cross Rock Back, Recover, Side, Cross Rock Back, Recover Side.

- 2&3 Cross rock Rf forward, recover on Lf, step Rf to the right with small drag on Lf weight onto Rf (6:00)
- 4&5 Cross rock Lf forward, recover on Rf, step Lf to the left with small drag on Rf weight onto Lf
- 6&7 Cross rock Rf behind Lf, recover Lf, step Rf to the right with small drag on Lf weight onto Rf
- 8&1 Cross rock Lf behind Rf, recover Rf, step Lf to the left with small drag on Rf weight onto Lf (6:00)

[17-24] R Diag Back, L Diag Back, ¼ Turn R, Side, Fwd, R Diag Fwd, Side, R Diag Back, L Diag Back, ¼ Turn R, Side, Run Fwd L-R-L with ¼ Turn L.

- 2&3 Step Rf diagonal back, step Lf diagonal back, turn ¼ right (9) step Rf to the right with small drag on Lf weight onto Rf
- 4&5 Step Lf forward, step Rf diagonal forward, step Lf to the left with small drag on Rf weight onto Lf
- 6&7 Step Rf diagonal back, step Lf diagonal back, turn ¼ right (12) step Rf to the right with small drag on Lf weight onto Rf
- 8&1 Turn ¼ left (9) stepping Lf forward, stepping Rf forward, stepping Lf forward weight onto Lf

[25-32] Small Step Back, ½ Turn L, Fwd, ¼ Turn L, Side, Cross Rock Back, Recover, ¼ Turn R, Back, ¼ Turn R, Side Rock, Recover, Cross, Side.

- 2&3 Step Rf slightly back, turn ½ left (3) step Lf forward, turn ¼ left (12) step Rf to the right with small drag on Lf weight onto Rf
- 4&5 Cross rock Lf behind Rf, recover on Rf, turn ¼ right (3) step Lf back weight onto Lf
- 6-7 Turn ¼ right (6) rock Rf to the right, recover on Lf
- 8& Cross Rf over Lf, step Lf to the left weight onto Lf (6:00)

Note: 2 Count HOLD: You hear that she sings "If Noooo one will listen".

Start again and have fun!
