

This Heart

COPPERKNOB
STEPSHEETS

拍数: 68 墙数: 2 级数: Intermediate
编舞者: Trish Arena (AUS) - November 2011
音乐: This Heart - Beccy Cole : (Album: Wild At Heart - 3:48)



Starts On Vocals. - Starting Position: Feet Together, Weight On Left Foot

SIDE TOE STRUT, CROSS TOE STRUT, COASTER CROSS

1-4 TOUCH R TOE TO SIDE, DROP HEEL, TOUCH L TOE ACROSS RIGHT, DROP HEEL
5-8 STEP R BACK, STEP L TOG, STEP R ACROSS LEFT, HOLD

SIDE TOE STRUT, CROSS TOE STRUT, COASTER

9-12 TOUCH L TOE TO SIDE, DROP HEEL, TOUCH R TOE ACROSS LEFT, DROP HEEL
13-16 STEP L BACK, STEP R TOG, STEP L FWD, HOLD

STEP-LOCK-STEP, SCUFF, STEP-LOCK-STEP, SCUFF

17-20 STEP R TO RIGHT DIAG, LOCK L BEHIND RIGHT, STEP R TO RIGHT DIAG, SCUFF L
21-24 STEP L TO LEFT DIAG, LOCK R BEHIND LEFT, STEP L TO LEFT DIAG, SCUFF R

FWD, ROCK, BACK, KICK, BACK, KICK, BACK, ROCK

25-28 STEP R FWD, ROCK/REPLACE WT L, STEP R BACK, KICK L FWD
29-32 STEP L BACK, KICK R FWD, STEP R BACK, ROCK/REPLACE WT R (12:00) ##

¼ TURN FWD, ¼ TURN SIDE, ¼ TURN SHUFFLE

33-36 TURN 90° RIGHT STEP R, HOLD, TURN 90° RIGHT STEP L TO SIDE, HOLD
37-40 TURN 90° RIGHT SHUFFLE FWD R-L-R, HOLD (9:00)

SIDE-ROCK-CROSS, SIDE-ROCK-CROSS

41-44 STEP L TO SIDE, ROCK/REPLACE WT R, STEP L ACROSS RIGHT, HOLD
45-48 STEP R TO SIDE, ROCK/REPLACE WT L, STEP R ACROSS LEFT, HOLD

¼ TURN FWD, ROCKING CHAIR, ¼ PIVOT

49-52 TURN 90° LEFT STEP L, HOLD, STEP R FWD, ROCK/REPLACE WT L
53-56 STEP R BACK, ROCK/RECOVER WT L, STEP R FWD, TURN 90° LEFT TAKE WT L (3:00)

CROSS SHUFFLE, ¼ TURN, SCUFF, STEP-LOCK-STEP, SCUFF, ¼ PIVOT, ¼ PIVOT

57-60 STEP R ACROSS LEFT, STEP L TO SIDE, STEP R ACROSS LEFT, TURN 90° LEFT,
SCUFF L
61-64 STEP FWD L, LOCK R BEHIND LEFT, STEP FWD L, SCUFF R
65-68 STEP R FWD, TURN 90° LEFT TAKE WT L, STEP R FWD, TURN 90° LEFT TAKE WT L
(6:00)

TAG & RESTART: After Count 32 on Walls 2 & 5 (Facing BACK)

¼ PIVOT, ¼ PIVOT

1-4 STEP RFWD, TURN 90° LEFT TAKE WT L, STEP R FWD, TURN 90° LEFT TAKE WT L

BRIDGE: At the end of Wall 3 (facing BACK)

VEE-STEP, ¼ PIVOT, ¼ PIVOT, VEE-STEP

1-4 STEP R TO RIGHT DIAG, STEP LEFT TO LEFT DIAG, STEP R BACK, STEP L
TOGETHER
5-8 STEP R FWD, TURN 90° LEFT TAKE WT L, STEP R FWD, TURN 90° LEFT TAKE WT L
9-12 STEP R TO RIGHT DIAG, STEP LEFT TO LEFT DIAG, STEP R BACK, STEP L
TOGETHER

SHORT WALLS: On Walls 6 & 8 leave out Counts 65-68 ($\frac{1}{4}$ Pivot, $\frac{1}{4}$ Pivot)

Choreographed at the special request of my friends Jan & George Trish
