

The Heart of You

COPPER KNOB
BY STEPHEN

拍数: 72 墙数: 2 级数: Improver
编舞者: Roz Chaplin (UK) - June 2012
音乐: The Heart of You - Kyle Park : (CD: Fall 2010 EP)



32 Count Intro

FORWARD ROCK, SHUFFLE BACK, BACK ROCK, SHUFFLE FORWARD

1-2 Rock forward on right, recover onto left
3&4 Step back on right, close left beside right, step back on right
5-6 Rock back on left, recover onto right
7&8 Step left forward, close right beside left, step left forward

SIDE ROCK, CROSS SHUFFLE, ROCK, SAILOR ¼ TURN

1-2 Rock right to right side, recover onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left to left side, recover onto right
7&8 Turn ¼ turn left stepping left behind right, step right to right side, step left in place (9)

ROCK RECOVER, COASTER STEP, FORWARD, KICK, BACK SHUFFLE

1-2 Rock forward on right, recover onto left
3&4 Step back on right, step left beside right, step right forward
5-6 Step forward on left, kick right foot forward
7&8 Step back on right, close left beside right, step back on right

BACK ROCK, SHUFFLE ½ TURN, BACK ROCK, KICK-BALL CHANGE

1-2 Rock back on left, recover onto right
3&4 Shuffle ½ turn left stepping left, right, left (3)
5-6 Rock back on right, recover onto left
7&8 Kick right foot forward, step right beside left, step left beside right

RIGHT CHASSE, CROSS ROCK, LEFT CHASSE, BACK ROCK

1&2 Step right to right side, close left beside right, step right to right to right side
3-4 Cross rock left over right, recover onto right
5&6 Step left to left side, close right beside left, step left to left side
7-8 Rock back right behind left, recover onto left

DIAGONAL STEP-LOCK, STEP-LOCK-STEP X2

1-2 Diagonally step right forward, lock left behind right
3&4 Diagonally step right forward, lock left behind right, diagonally step right forward
5-6 Diagonally step left forward, lock right behind left
7&8 Diagonally step left forward, lock right behind left, diagonally step left forward

STEP, PIVOT ½ TURN, SHUFFLE FORWARD, FULL TURN, FORWARD SHUFFLE

1-2 Step forward on right, pivot ½ turn left (9)
3-4 Step forward right, close left beside right, step forward right
5&6 ½ turn right stepping back on left, ½ turn right stepping forward on right

Easy Option : Walk forward left, walk forward right

7&8 Step left forward, close right beside left, step left forward

ROCK, RECOVER, SHUFFLE ½ TURN, ROCK RECOVER, SHUFFLE ½ TURN

1-2 Rock forward on right, recover onto left
3&4 Shuffle ½ turn right stepping – right, left, right (3)

5-6 Rock forward on left, recover onto right
7&8 Shuffle ½ turn left stepping – left, right, left (9)

STEP PIVOT ¼ TURN, CROSS SHUFFLE, SIDE TOGETHER, SHUFFLE FORWARD

1-2 Step forward right, pivot ¼ turn left (6)
3&4 Cross right over left, step left to left side, cross right over left
5-6 Step left to left side, close right beside left
7&8 Step forward left, close right beside left, step forward left
