

Perfect Heart

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Mathew Sinyard (UK) - June 2012
音乐: Picking Up the Pieces - Paloma Faith : (Album: Fall To Grace)



Intro: Start on 1st beat, 14 seconds

Section 1 - Side Rock, Cross Shuffle, Side Rock, Behind Side Cross.

- 1-2 Rock Right foot to right side, recover onto left foot.
- 3&4 Cross shuffle – Cross right foot over left foot, step left foot to left side, cross right foot over left foot.
- 5-6 Rock left foot to left side, recover onto right foot.
- 7&8 Cross left foot behind right foot, step right foot to right side, cross left foot in front of right foot.

Section2 – Side Rock ¼ left, Kick Ball Step, Step Turn Half, Behind Side Cross.

- 1-2 Rock right foot to right side making a ¼ turn left, recover onto left foot.
- 3&4 Kick right foot forward, step onto ball of right foot, step forward on left foot.
- 5-6 Step forward on right foot, pivot a ½ turn left sweeping the left foot around as you turn.
- 7&8 Step left foot behind right foot, step right foot to right side, cross left foot in front of right foot.

Section 3 – Side Rock, Cross Shuffle, Side Rock, Kick Ball Change.

- 1-2 Rock right foot to right side, recover onto left foot.
- 3&4 Cross shuffle – Cross right foot over left foot, step left foot to left side, cross right foot over left foot.
- 5-6 Rock left foot to left side, recover onto right foot.
- 7&8 Kick left foot forward, step onto ball of left foot, step right foot beside left foot.

Section 4 – Cross, Step Back, Side Close ¼ Left, Step ½ Turn, Kick Ball Change.

- 1-2 Cross left foot in front of right foot, step back on right foot.
- 3&4 Step left foot to left side, close right foot beside left foot, step left foot to left side making a ¼ turn left.
- 5-6 Step forward on right foot, pivot a ½ turn left (weight ending on left foot).
- 7&8 Kick right foot forward, step onto ball of right foot, step left foot beside right foot.

Tag: - At the end of wall 5 –

- 1-4 Sway hips right, left, right, left.

Then restart.