

A Perfect Heart

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Improver
编舞者: Sebastiaan Holtland (NL) - June 2012
音乐: Picking Up the Pieces - Paloma Faith : (CD: Fall to Grace. 2012 - iTunes)



16 count intro start dancing after the words "Do You"(14 sec).

Sec 1: [1-8] Side Stomp, Hold, Behind, ¼ R, Side, Fwd Rock, Recover, L Coaster Step.

1-2 Stomp Rf out to the right, Hold.
3-4 Step Lf behind Rf, turn ¼ right (3) step Rf to the right.
5-6 Rock Lf forward, recover on Rf.
7&8 Step Lf back, step Rf next to Lf, step Lf forward. (3:00)

Sec 2: [9-16] Fwd Rock, Recover, ¼ R, Side, Hold, Step, Side, Back Rock, Recover.

1-2 Rock Rf forward, recover on Lf.
3-4 Turn ¼ right (6) step Rf to the right, Hold.
5-6 Step Lf forward, step Rf to the right.
7-8 Rock Lf back, recover on Rf.

Sec 3: [17-24] Side, Hold, Together, Side, Hold, Together, Side Rock, Recover, Behind, R Point.

1-2 Step Lf to the left, Hold.
&3-4 Step Rf next to Lf, step Lf to the left, Hold.
&5-6 Step Rf next to Lf, rock Lf to the left, recover on Rf.
7-8 Step Lf behind Rf, point Rf out to right. (6:00)

Sec 4: [25-32] Jazz Box Across ¼ R, Touch, Lock Step, Hold.

1-2 Cross Rf over Lf, turn ¼ right (9) step Lf back.
3-4 Step Rf to the right, touch Lf beside Rf.
5-6-7 Step Lf forward, lock Rf behind Lf, Lf step forward.
8 Hold.

Sec 5: [33-40] Fwd Rock, Recover, Side Rock, Recover, Behind, ¼ L, Side, Together, Hold.

1-2 Rock Rf forward, recover on Lf.
3-4 Rock Rf to the right, recover on Lf.
5-6 Step Rf behind Lf, turn ¼ left (6) step Lf to the left.
7-8 Step Rf next to Lf, Hold. **Restart**

Restart here WALL 3 after 40 count (Facing 6 o'clock) after start again (Facing 12 o'clock).

Sec 6: [41-48] Fwd Rock, Recover, Side Rock, Recover, Behind, Side, Cross Rock, Recover.

1-2 Rock Lf forward, recover on Rf.
3-4 Rock Lf to the left, recover on Rf.
5-6 Step Lf behind Rf, step Rf to the right.
7-8 Cross rock forward on Lf, recover on Rf.

Sec 7: [49-56] Side, Hold, Together, Side, Hold, Together, Side Rock, Recover, Behind, R Point.

1-2 Step Lf to the left, Hold.
3-4 Step Rf next to Lf, step Lf to the left, Hold.
5-6 Step Rf next to Lf, rock Lf to the left, recover on Rf.
7-8 Step Lf behind Rf, point Rf out to right.

Sec 8: [57-64] Cross, ¼ R, Back, Back, Hook, Lock Step, Hold.

1-2 Cross Rf over Lf, turn ¼ right (9) step Lf back.
3-4 Step Rf back, Lf hook up across Rf.

5-6 Step Lf forward, lock Rf behind Lf, Lf step forward.
7-8 Hold. (9:00)

Start again and have fun!

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