

Painted Heart

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Phrased Improver
编舞者: Danping Chen (CN) - July 2012
音乐: Hua Xin (畫心) - Jane Zhang (張靚穎)



Dance Sequence: AAA ,Tag1(16),AAABB,Tag2(6),AAA,End(8)
The music is the theme song of the Chinese film, Painted Skin.

Intro: start the dance at the vocals after 31 counts(26sec).

A: PATTERN - 32 counts

WALK, WALK ,ROKING CHAIR STEP,BACK,SWEEP,SWEEP,BACK,SIDE, CROSS

- 1- 2 Walk forward on left, Walk forward on right
3&4 Rock forward on left, Recover onto right, Rock back on left
&5-6 Step back on right, Sweep left from front to back and step back left, Sweep right from front to back (to make a figure of the lover's heart)
7&8 Step back on right, step left to side, Cross right over left (face 11:00)

SIDE,BEHIND,RECOVER, 1/4 TURN AND SIDE,BEHIND,RECOVER,SIDE ,SWAY,PIVOT 5/4 TURN

- 9-10& Step left to left side, cross right behind left, Recover onto left
11-12& Turn 1/4 left and step right to side, cross left behind right, Recover onto right(9:00)
13-14 Step left to side(sway left), step right to side(sway right)
15&16& Pivot 1/4 turn left and step left forward, Pivot 1/4 turn left and step right forward, Pivot 3/4 turn left and sweep left next to right,step right together.(facing6:00)

(Option:15&16& Pivot 1/4 turn left stepping forward on left,step forward right , step forward left ,step right together)

FORWARD MAMBO,BACK,RECOVER,,STEP,SWEEP TURN 3/4 RIGHT,TOGETHER,SIDE MAMBO

- 17-18& Step forward left, Recover onto right, step left together
19-20 Step back on right, Recover onto left
&21-22 Step forward on right, pivot 3/4 turn right sweeping left,step left together.(facing3:00)
23&24 Step right to side, Recover onto left, step right together

TURN 1/8 R LOCK SHUFFLE, TURN3/8 L LOCK SHUFFLE,STEP,TURN1/2 R,STEP,STEP

- 25&26 Turn 1/8 right stepping forward on left(4:30),lock right behind left, step forward on left.
27&28 Turn 3/8 left stepping forward on right (12:00),lock left behind right, step forward on right.
29-30 Step forward on left, turn 1/2 right, Recover weight onto right(6:00)
31-32 Walk forward left ,right

B: PATTERN - 32 counts

WALK, WALK,1/8TURN SLIDE AND BEND KNEE,BACK,POINT BACK,STEP,POINT FORWARD

- 1-2 Walk forward left,right
3-4 Turn 1/8 right and bend right knee,(1:30)skating-slide forward with left toe slowly.
5-6 Step back left,point back right
7-8 Step forward ,point forward left.

1/8 TURN STEP,1/2TURN FLICK,STEP,STEP,,STEP,1/2TURN FLICK,WALK ,WALK

- 9-10 Turn 1/8 left stepping forward left,(12:00)turn 1/2 left flick right
11-12 Step forward right ,left(6:00)
13-14 Step forward right, turn 1/2 right flick left
15-16 Step forward left ,right (12:00)

(Option:10 and 14, 1/2 turn touch one toe next to another foot)

CROSS ,TOUCH SIDE(4×)

- 17-18 Cross left over right, touch right to side
- 19-20 Cross right over left, touch left to side
- 21-22 Cross left over right, touch right to side
- 23-24 Cross right over left, touch left to side

TOGETHER,HANDS UP,POINT CROSS,1/2TURN TOGETHER,HANDS DROP.

- 25-28 Step left together, open up both hands
- 29-32 Point right cross left, Turn 1/2 left step left together, Drop both hands slowly. (6:00)

Tag 1:16c tag after A pattern wall3.

CHAIR STEP, SIDE, SWAY(4×)

- 1-2 Rock forward on left, Recover onto right,
- 3-4 Rock back on left, Recover onto right
- 5-6 Step left to left as shoulder width, swaying left, right
- 7-8 Sway left, right
- 9-16 repeat 1- 8

Tag 2:6c tag after B pattern wall2.

OPEN UP BOTH HANDS,LOOK UP

END:WALK,WALK, 1/2 TURN,HOLD.

- 1-2 Walk forward left, right
- 3-4 Turn 1/2 right sweep left, close left beside right
- 5-6 Hold

Please refer to the video for details of arms movement.
