

# Heal Me

**COPPER KNOB**  
BY STEPHENETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Marie-Aimé Le Barillec (FR) - June 2011  
音乐: Heal Me by Zac Harry



## Start dancing on lyrics

### RIGHT SIDE SHUFFLE, LEFT ROCK BACK, LEFT SIDE SHUFFLE, RIGHT ROCK BACK

1&2      Chassé side right, left, right (weight to right)  
3-4      Rock left back, recover to right  
5&6      Chassé side left, right, left (weight to left)  
7-8      Rock right back, recover to left

### RIGHT KICK BALL CROSS TWICE, TOE SWITCHES, LEFT FORWARD, 1/2 RIGHT TURN

1&2      Kick right forward, step right together, cross left over right (weight to left)  
3&4      Kick right forward, step right together, cross left over right (weight to left)  
5&      Touch toe right to side, step right together (weight to right)  
6&      Touch toe left to side, step left together (weight to left)  
7-8      Step left forward, turn ½ right (weight to right, 6:00)

### RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, RIGHT COASTER STEP FORWARD, LEFT COASTER STEP BACK

1&2      Chassé forward right, left, right (weight to right)  
3&4      Chassé forward left, right, left (weight to left)  
5&6      Step right forward, step left together, step right back (weight to right)  
7&8      Step left back, step right together, step left forward (weight to left)

### RIGHT ROCKING CHAIR FORWARD AND BACK, ¼ RIGHT JAZZ BOX BALL CROSS

1-2      Rock right forward, recover to left  
3-4      Rock right back, recover to left  
5-6-7-8      Cross right overt left, step left back, turn ¼ right and step right to side, cross left over right  
(weight to left, 9:00)

## REPEAT

RESTART: during 10th wall (you'll start facing 9:00), after 16 counts ; restart facing 3:00

FINAL: After 12th wall, Finish facing 12:00, add the following :-

### ¼ RIGHT JAZZ BOX

1-2-3-4      Cross right overt left, step left back, turn ¼ right and step right to side, close left beside right  
(12:00)

## HAVE FUN