

Heaven

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: High Intermediate
编舞者: Celia Stevens (NZ) - November 2012
音乐: Inside Your Heaven - Carrie Underwood : (CD: Some Hearts)



Intro – 16 counts, Start on the word “DOWN”

[1 – 8] FWD ROCK, ½, ½ PIVOT, TOG, ¼ PIVOT, SAILOR:

1, 2 Step R forward, Recover on left
& 3, 4 Turn ½ right step R together(6:00), Step L forward, Turn ½ right weight R 12:00
&5, 6 Step L together, Step R forward, Turn ¼ left weight L 9:00
7&8 Step R behind, Step L side, Step R side

[9 -16] BEHIND, SIDE ROCK, R HITCH FULL TURN, SIDE, BEHIND-SIDE-CROSS ROCK, 2 FULL TURNS:

& 1 Step L behind, Step R side
2, 3 Side rock onto L hitching R turning 360 degrees Right, Step R side 9:00
4&5 Step L behind, Step R side, Step L over right
6&7 Recover weight R, Turn ¼ left step L forward (6:00), Turn ½ left step R back (12:00)
&8& Turn ½ left step L forward (6:00), Turn ½ left step R back (12:00), Turn ¼ left step L side 9:00

Note: counts 6 to 8& is a traveling turn to the left as an alternative for the turns you can do side, cross shuffle, &cross, side

[17 – 24] CROSS ROCK & CROSS ROCK &, CROSS ¼ BACK, COASTER:

1, 2 & Step R over left, Recover weight L, Step R together
3, 4 & Step L over right, Recover weight R, Step L together
5&6 Step R over left, Turn ¼ right step L back, Step R back 12:00
7&8 Step L back, Step R together, Step L forward

[25 – 32] SWEEP STEP, SWEEP STEP, CROSS-SIDE-BEHIND, SWEEP BEHIND ¼ FWD, ½, ½ BACK:

1, 2 Sweep step R forward, Sweep step L forward
3&4 Step R over left, Step L side, Step R behind
&5& Sweep L side, Step L behind, Turn ¼ right step R forward 3:00
6, 7 Step L forward, Pivot ½ right weight R 9:00
&8 Turn ½ right step L together, Step R back 3:00

[33 – 40] & BACK ROCK, FWD ¾ TURN, SIDE-ROCK-CROSS, SIDE SHUFFLE:

&1, 2 Step L together, Step R back, Recover weight L
3&4 Turn ¼ left step R side, Turn ½ left step L side, Cross R over left 6:00
5&6 Step L side, Recover weight R, Step L over right
7&8 # Step R side, Step L together, Step R side {WALL 2 Restart here}

[41 – 48] BACK-ROCK, ¼, ½, FWD ½ PIVOT, ½, BACK, BACK, ¼, SIDE-BEHIND-SIDE:

1& Step L back, Recover weight R
2& Turn ¼ right step L back (9:00), Turn ½ right step R together (3:00) 3:00
3, 4 Step L forward, Pivot ½ right weight R (9:00) 9:00
&5 Turn ½ right step L back (3:00), step R back 3:00
6& Step L back, Turn ¼ right step R together (6:00) 6:00
7, 8& Step L side, Step R behind, Step L side {End of Wall 4 add Tag here}

TAG: At the end of WALL 4 add the following 4 counts then restart facing 12:00

1, 2 & 3, 4& R side rock, together, L side rock, together

RESTART: On Wall 2 dance up to count 40 (#) then add an “&” count stepping L together, then restart from

beginning now facing 12:00 Enjoy!

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