

Be Careful With My Heart

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Roly Ansano (USA) - February 2013
音乐: Please Be Careful With My Heart - Jose Mari Chan & Regine Velasquez



Alternate music: Please Be Careful With My Heart by Tay Kewei f. Christian Bautista

Intro: Start on the word 'love'

[1-8] NIGHTCLUB TWO-STEP BASIC, TURNING NIGHTCLUB TWO-STEP BASIC

1-2 Step L to side, hold
3-4 Cross R behind L, recover to L
5-6 Step R to side, hold
7-8 Cross L behind R and turn 1/4 left, recover to R

[9-16] SIDE STEP, TURN, HIP SWAYS, CROSS STEP

1-2 Step L to side & turn 1/4 left, hold
3-4 Step R to side and sway right-left
5-6 Sway right-left and recover to L
7-8 Cross R over L, hold

[17-24] SIDE STEP, TURN, HALF-TURN PIVOT, FORWARD-TOUCH, BACK-TOUCH

1-2 Step L to side, hold
3-4 Turn 1/4 left and step R forward, pivot 1/2 left and recover to L
5-6 Step R forward, touch L behind R
7-8 Step L back, touch R together

[25-32] SCISSOR STEP, LEFT COASTER STEP, STRIDE-DRAG

1-2 Step R to side, step L together
3-4 Cross R over L, step L back
5-6 Step R together, step L forward
7-8 Big step R forward, drag and touch L together

REPEAT

TAG:

No TAG for the Tay Kewei track.

For the Jose Mari Chan track, at the end of wall 3, facing 3.00, add

BACK STEPS, TURN-TOUCH, SIDE STEPS, TOUCH

1-4 Step back L,R,L , turn 1/4 left and touch R together
5-8 Step R to side, step L together, step R to side, touch L together

ENDING: For the Jose Mari Chan track, at the end of wall 10, facing 3:00, add

1-2 Step L back and turn 1/4 left, touch R to side and pose with hands over heart

Contact: rolando.ansano@gmail.com