

Heart of My Heart

COPPER **KNOB**
BY STEPHENETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Marie Sørensen (TUR) - March 2013
音乐: Heart of My Heart - The Bellamy Brothers : (Album: Anthology - Greatest Hits - Legalsounds)



Intro: 14 Counts - No tags, no restart !

SIDE, ROCK, RECOVER, SIDE, ROCK, RECOVER, SIDE, ROCK, RECOVER, ¼ TURN, LOCK STEP

1-2&3 Step right to right side, cross rock left over right, recover, step left to left side
4&5 Cross rock right over left, recover, step right to right side
6&7 Cross rock left over right, recover, ¼ turn left, step fwd. on left
8&1 Step fwd. right, lock left behind right, step fwd. right (09:00)

STEP ½ TURN, LOCK STEP, STEP ¼ TURN, CROSS, SWAY, SWAY

2&3 Step fwd. left, ½ turn right (Weight on right) step fwd. left
4&5 Step fwd. right, lock left behind right, step fwd. right
6&7 Step fwd. left, ¼ turn right (Weight on right), cross left over right
8-1 Step right to right side and sway right, step left to left side and sway left (06:00)

SAILOR STEP, SAILOR STEP ¼ TURN LEFT, MAMBO ½ TURN RIGHT, MAMBO ½ TURN LEFT

2&3 Sweep right behind left, step left next to right, step right to right side
4&5 ¼ turn left, sweep left behind right, step right next to left, step fwd. left (03:00)
6&7 Rock fwd. right, recover, ½ turn right, step fwd. on right (09:00)
8&1 Rock fwd. left, recover, ½ turn left, step fwd. on left (03:00)

STEP ¼ TURN LEFT, CROSS, CHASSE, ROCK, RECOVER, ½ TURN, TOGETHER

2&3 Step fwd. right, ¼ turn left (Weight on left) cross right over left (12:00)
4&5 Step left to left side, step right next to left, step left to left side
6-7 Cross rock right over left, recover
8& ½ turn right, step right to right side, step left next to right (06:00)

NOTE: The dance is made on request from Andy, for his and his wife Christine`s 45 th. Wedding anniversary !

Have Fun!

Contact - Email: sunshinecowgirl1960@gmail.com