

Cornerstone of My Heart

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Advanced
编舞者: Sandy Kerrigan (AUS) - August 2013
音乐: Please Don't Ask Me - John Farnham : (Album: The Essentials - iTunes)



Dance Starts on Lyrics - Version 1:00 – [BPM: 178] Track Length 3:10

Vine R, Push L to L Side with Drag, Back Rock, Side, Back Rock, ¼ Step Back 3:00

1 2 3 4 Step R to R, Cross L behind R, Step R to R, Push off R/Step L to L/Dragging R
5 & 6 Rock Back on R, Replace Fwd to L, Step R to R Side
7 & 8 Rock Back on L, Replace Fwd to R, Turning ¼ R/Step Back on L 3:00

½ R, Fwd with Slow ½ Pivot R, ¼ R Side, ¾ R Fwd, Fwd Left Coaster Step 3:00

1 2 3 4 Turning ½ R/Step Fwd R, Step Fwd L, Slow ½ Pivot Turn R/over 2 counts/wt to R
5 6 Turning ¼ R/ Step L to L Side 6:00, Turning ¾ R/Step Fwd R (hinge turn)
7 & 8 Step Fwd L, Step R next to L, Step Back on L

Step Back, Sweep, Step Back, Sweep, Diagonal Back Rock, Diagonal Fwd Lock Shuffle 4:30

1 2 3 4 Step Back on R, Sweep L/Around and Back, Step Back on L, Sweep R/Back
5 6 Rock Back on R to face Side R45°, Replace Fwd to L (pushing L toe fwd)
7 & 8 Step Fwd R, Lock L behind R, Step Fwd R/Facing Side R45°

Fwd ½ Diagonal Pivot, Step Fwd, Step Back with Spiral Turn L, Diagonal Lunge, Coaster Step 9:00

1 2 3 Step Fwd L, Pivot Turn ½ R wt to R, Step Fwd on L
4 Turning ½ L/Step Back on R, ½ Turn L on R Sweeping L to Meet R (wt on R)
5 6 Lunge L Fwd to Face Side R45°, Replace Back to R
7 & 8 Turning to 9:00 wall/Step Back on L, Step R next to L, Step Fwd L

Step Fwd, Sweep Fwd, Step Fwd, Sweep Fwd, Push Fwd, Run Back, ½ R/Run Fwd 3:00

1 2 3 4 Step Fwd R, Sweep L Circular Fwd, Step Fwd L, Sweep R Circular Fwd,
5 6 Lunge/Push Fwd onto R, Replace Back to L
& 7 & 8 Run Back onto R, Run Back onto L, Turning ½ R/Run Fwd onto R, Run Fwd L

Walk Back R, Back L, ½ Fwd, Fwd ½ Pivot Turn R, ¼ Side, ½ Hinge Side, Behind, Side, Cross

1 2 3 Walk Back R, Walk Back L, Turning ½ R/Step Fwd R 9:00
& 4 5 Step Fwd L, ½ Pivot Turn R/wt on R, Turning ¼ R/Step L to L Side,
6 ½ Hinge R/Step R to R Side/Dragging L
7 & 8 Turning to 12:00/Cross L behind R, Step R to R, Cross L over R

Back, ¼ Fwd, Step Fwd, Hitch with ¼ Turn, Cross, ¼ Step Back, ½ Fwd, Fwd ½ Pivot Turn

1 2 3 Step Back on R, Turning ¼ L/Step Fwd L, Step Fwd R
4 5 6 Turning ¼ R/Hitch L, Cross L over R, ¼ L/Step Back on R 9:00
7 & 8 Turning ½ L/Step fwd L 3:00, Step Fwd R, ½ Pivot Turn L/wt on L 9:00

1/2 Step Back, Step Back, ½ Step Fwd, ¼ Scissor Turn, Cross, Side, Behind, ¼, ¼, Cross

1 2 3 Turning ½ L/Step Back on R, Step Back L, ½ R/step Fwd R 9:000
4 & 5 Turning ¼ R/Step L to L Side, Step R next to L, Cross L over R
& 6 & 7 Step R to R, Cross L Behind R, Turning ¼ R/Step Fwd R, Step Fwd L
& 8 ¼ Pivot Turn R/wt on R, Cross L over R 6:00

[64]

This dance is dedicated to all my Students, thankyou for all your support, this has given me the Courage to continue with what I love to do, dance and choreograph.

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