

Fall....Back into My Heart

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Christine Stewart (NZ) - September 2013
音乐: Bucket - Annah Mac : (Album: Bucket - Single - iTunes)



Intro: 32 counts. Start dancing on lyrics

Begin with feet together and weight on Left with Right touched beside Left

POINT RIGHT, TOGETHER, POINT LEFT, TOGETHER, CROSS, SIDE, RIGHT HEEL, TOGETHER, LEFT HEEL, TOGETHER, CROSS, SIDE, RIGHT HEEL, TOGETHER, LEFT HEEL, TOGETHER

- 1&2& Point/touch Right sideways right, step onto Right beside Left (weight on Right), point/touch Left sideways left, step onto Left beside Right (weight on Left)
- 3&4& Cross Right over in front of Left, step Left back slightly and sideways left, touch Right heel forward with toes raised off the floor, step onto Right beside Left (weight on Right)
- 5&6& Touch Left heel forward with toes raised off the floor, step onto Left beside Right, cross Right over in front of Left, step Left back slightly and sideways left
- 7&8& Touch Right heel forward with toes raised off floor, step onto Right beside Left, touch Left heel forward with toes raised off floor, step onto Left beside Right

RIGHT HEEL GRIND WITH ¼ TURN RIGHT, COASTER BACK, ROCK FORWARD, RECOVER BACK, 1 ½ TRIPLE STEP TURN LEFT TURNING BACK

- 1-2 Touch Right heel forward (1), turn ¼ right on heel of Right and AT THE SAME TIME step Left back (2) (3:00)
- 3&4 Step Right back, step onto Left beside Right, step Right forward
- 5-6 Step/rock Left forward, recover back onto Right

Ending occurs here during wall 10 facing 12:00: Replace the 1 ½ triple turn below with EITHER a triple step FULL turn left turning back to end facing 12:00 OR a left coaster back

- 7&8 Turn ½ left and step Left forward, turn ½ left and step Right back, turn ½ left and step Left forward (9:00)

Non-turning option for counts 7&8: ½ SHUFFLE LEFT

SIDE, RECOVER, CROSS, SIDE, RECOVER, CROSS, ¼ TURN LEFT, ½ TURN LEFT, SIDE SHUFFLE RIGHT

- 1&2 Step/rock Right sideways right, recover sideways onto Left, cross Right over in front of Left
- 3&4 Step/rock Left sideways left, recover sideways onto Right, cross Left over in front of Right
- 5-6 Turn ¼ left and step Right back, turn ½ left and step Left forward (12:00)

****Restart occurs here during wall 2 facing 12:00 and during wall 5 facing 9:00 Replace counts 7&8 with:**

- 7-8 step Right sideways right, step onto Left beside Right then restart dance from the beginning
- 7&8 Step Right sideways right, step onto Left beside Right, step Right to right side

LEFT SAILOR STEP, RIGHT SAILOR STEP, ROCK FORWARD, RECOVER BACK, LEFT SAILOR STEP ¼ TURN LEFT

- 1&2 Cross Left behind Right, step Right sideways right, step onto Left beside Right
- 3&4 Cross Right behind Left, step Left sideways left, step onto Right beside left
- 5-6 Step/rock Left forward, recover back onto Right
- 7&8 Turn ¼ left and cross Left behind Right, step Right very slightly sideways right, step onto Left beside Right

Harder option for counts 7&8: 1 ¼ TRIPLE TURN LEFT TURNING BACK

Turn ½ left and step Left forward, turn ½ left and step Right back, turn ¼ left and step Left sideways left (9:00)

***TAG occurs here at the end of wall 1 facing 9:00 (dance will start again facing 12:00), and at the end of wall 4 facing 6:00 (dance will start again facing 9:00).**

***TAG instructions:**

HEEL SWITCHES, ½ PIVOT LEFT, ¼ PIVOT LEFT

- 1&2& Touch Right heel forward, step onto Right beside Left, touch Left heel forward, step onto Left beside Right
- 3&4& Touch Right heel forward, step onto Right beside Left, touch Left heel forward, step onto Left beside Right
- 5-6 Step Right forward, turn $\frac{1}{2}$ left on balls of both feet transferring weight onto Left (3:00)
- 7-8 Step Right forward, turn $\frac{1}{4}$ left on balls of both feet transferring weight onto Left (12:00)

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