

# Frozen Heart

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Ria Vos (NL) - September 2013  
音乐: Now That You're Gone (Radio Edit) - Tanya Lacey : (Single)



Intro: 16 Counts ( $\pm 10$  sec)

**Step Fwd, Step Spiral Full Turn R, Step Fwd, Mambo Sweep, Sailor  $\frac{1}{4}$  Turn L, Lock, Step to R Diagonal**

1-2-3      Step Fwd on R, Step Fwd on L Spiral Full Turn R, Step Fwd on R

(non turning option: walk Fwd R-L-R)

4&5      Rock Fwd on L, Recover on R, Step Back on L Sweeping R from Front to Back

6&7      Cross R Behind L,  $\frac{1}{4}$  Turn L Step Fwd on L, Step R to R Diagonal

8&      Lock L Behind R, Step R to R Diagonal

**Cross Rock, & Cross, Full Turn R, Rock Back, Step Pivot  $\frac{1}{4}$  Turn L**

1-2      Cross Rock L Over R, Recover on R

&3      Step L Back and to L Side, Cross R Over L

4&5       $\frac{1}{4}$  Turn R Step Back on L,  $\frac{1}{2}$  Turn R, Step Fwd on R,  $\frac{1}{4}$  Turn R Step L to L Side

(non turning option: Chasse L Stepping L-R-L)

6-7      Rock Back on R, Recover on L

8&      Step Fwd on R, Pivot  $\frac{1}{4}$  Turn L

\*\*\*Restart Point

**Cross, Sweep Touch Fwd, Step Fwd, Step Pivot  $\frac{1}{4}$  L, -Repeat**

1      Cross R Over L Sweeping L from Back to Front

2-3      Touch L Toe Slightly Fwd with Knee Bend (angle body R), Step Fwd on L

4&      Step Fwd on R, Pivot  $\frac{1}{4}$  Turn L

5      Cross R Over L Sweeping L from Back to Front

6-7      Touch L Toe Slightly Fwd with Knee Bend (angle body R), Step Fwd on L

8&      Step Fwd on R, Pivot  $\frac{1}{4}$  Turn L

**Weave L Sweep, Behind-Side, Cross with Hitch, Rock Back, Step Pivot  $\frac{1}{2}$  Turn L**

1-2-3      Cross R Over L, Step L to L Side, Step R Behind L Sweeping L from Front to Back

4&5      Step L Behind R, Step R to R Side, Cross L Over R slightly Hitching R knee

6-7      Rock Back on R, Recover on L

8&      Step Fwd on R, Pivot  $\frac{1}{2}$  Turn L

Restart: On wall 2 and 6 after count 16& both times facing 12:00

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