

# In My Heart

COPPER KNOB  
STEPSHEETS

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Maggie Gallagher (UK) - November 2013  
音乐: Knee Deep In My Heart - Shane Filan



**Intro: 8 counts start on vocals**

## **S1: POINT & POINT & CROSS BACK HEEL & CROSS, KICK & CROSS BACK HEEL**

1&2      Point right toe across left, Step right next to left, Point left toe across right  
&3&4      Step left next to right, Cross right over left, Step back on left, Tap right heel forward on right diagonal  
&5-6      Step right next to left, Cross left over right, Kick right forward on right diagonal  
&7&8      Step right next to left, Cross left over right, Step back on right, Tap left heel forward on left diagonal

## **S2: & CROSS, ¼ BACK, ½ SHUFFLE R, STEP TURN STEP, FULL TURN**

&1-2      Step left next to right, Cross right over left, ¼ right stepping back left  
3&4      ¼ right stepping right to right side, Step left next to right, ¼ right stepping forward right [9:00]  
5&6      Step forward left, ½ pivot right, Step forward left [3:00]  
7-8      ½ left stepping back on right, ½ left stepping forward left

## **S3: RIGHT LOCK STEP, LEFT LOCK STEP, TOUCH, BALL WALK, KICK R, CROSS BACK SIDE, FWD L**

1&2      Step forward right, Lock left behind right, Step forward right [3:00]  
&3&4      Step forward left, Lock right behind left, Step forward left, Touch right next to left  
&5-6      Ball step right slightly back, Walk forward on left onto right diagonal [4:30], Kick right forward on right diagonal  
&7&8      Cross right over left, Step back on left, Step right to right side, Step forward left [4:30]

## **S4: STEP R, ½ PIVOT L, 3/8 L, BEHIND SIDE CROSS & BEHIND SIDE, STEP L, TOUCH**

1-2-3      Step forward on right, ½ pivot left [10:30], 3/8 left stepping right to right side [06:00]  
4&5      Cross left behind right, Step right to right side, Cross left over right  
&6&      Step right to right side, Cross left behind right, Step right to right side  
7-8      Take big step to left side, Touch right next to left [06:00]

## **S5: ¼ R, STEP L, ½ PIVOT R, ¼ R BALL CROSS, BALL CROSS, ¼ L, STEP R, ½ PIVOT L, ¼ L**

1-2      ¼ right stepping forward right, Step forward left [9:00]  
3&4      ½ pivot right, ¼ right stepping ball of left next to right, Cross right over left [6:00]  
&5-6      Step left to left side,\* Cross right over left, ¼ left stepping forward left [3:00] \*Restart here Wall 5  
7&8      Step forward right, ½ pivot left, ¼ left stepping right to right side [6:00]

## **S6: BEHIND, SIDE, STEP, CROSS, BACK, SIDE, CROSS & HEEL &**

1-2      Cross left behind right, Step right to right side  
3-4      Step forward on left, Cross right over left  
5-6      Step back on left, Step right to right side  
7&8&      Cross left over right, Step back on right, Tap left heel forward on left diagonal, Step left next to right

**RESTART: Wall 5 after counts 36&, Restart dance facing 6:00**

**ENDING: Wall 7, after 16 counts (full turn left) turn a ¼ left stepping right to right side to finish the dance facing front wall**

Contact: [www.maggiemag.co.uk](http://www.maggiemag.co.uk)

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