

No Stopping Your Heart

COPPER KNOB
BY STEPHEN T. S.

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sally Hung (TW) - November 2013
音乐: There's No Stopping Your Heart - Marie Osmond



Sequence of dance: Restart on wall 4 after finishing S3 (9:00)
Start to dance after 16 counts

S1. SIDE, HOLD, BEHIND, SIDE, CROSS, ROCK, RECOVER, BEHIND, SIDE, CROSS

1,2,3&4 Step R to R side, hold, step L behind R, step R to R side, cross step L over R
5,6,7&8 Rock R to diagonal R, recover onto L, step R behind L, step L to L side, cross R over L

S2. ROCK, RECOVER, BEHIND, SIDE, CROSS, ROCK RECOVER FLICK (X2)

1,2,3&4 Rock L to diagonal L, recover onto R, step L behind R, step R to R side, cross L over R
5&6,7&8 Rock fwd on ball of R, recover on L, hop fwd on R and flick L back, rock fwd on ball of L,
recover on R, hop fwd on L and flick R back

S3. WALK BACK R,L,R, POINT, WALK BACK L,R, L, POINT

1,2,3,4 Walk back R, L, R, touch L toes to L side
5,6,7,8 Walk back L,R,L, touch R toes to R side

S4. FWD SHUFFLE, FWD SHUFFLE, JAZZ BOX ¼ TURN R

1&2,3&4 Shuffle fwd on RLR, shuffle fwd on LRL
5,6,7,8 Cross R over L, ¼ turn R step back on L, step R to R side, step L fw

Have Fun!!

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