

Stubborn Heart

COPPERKNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Steve Bisson (UK) & Denise Bisson (UK) - January 2014
音乐: Stubborn Heart - The Refreshments : (CD: The Refreshments)



Intro: 16 counts – start on vocals. Two 16 count tags (5% slower version of the music is available for teaching purposes)

[1] HEEL GRIND, ROCK BACK, RECOVER, HEEL GRIND WITH 1/4 TURN, ROCK BACK, RECOVER

1-2 Step right heel forward, grind heel from left to right
3-4 Rock right back, recover weight on left
5-6 Step right heel forward, grind heel from left to right – making ¼ turn right [3:0]
7-8 Rock right back, recover weight on left

[2] SIDE, CROSS, SIDE, CROSS, SIDE, DIAGONAL KICK FORWARD, STEP BACK, CROSS

1-2 Step right to right side, step left across right
3-4 Step right to right side, step left across right
5-6 Step right to right side, kick left forward to left diagonal
7-8 Step left back, cross right over left

[3] DIAGONAL BACK, CROSS, BACK, HOLD, DIAGONAL BACK, CROSS, BACK, HOLD

1-2 Step left back to left diagonal, step right across left
3-4 Step left back to left diagonal, hold
5-6 Step right back to right diagonal, step left across right
7-8 Step right back to right diagonal, hold

[4] WEAVE LEFT, STEP PIVOT 1/2 TURN, STEP, HOLD

1-2 Step left to left side, cross right behind left
3-4 Step left to left side, step right across left
5-6 Step left forward, pivot ½ turn right (weight on right) [9:0]
7-8 Step left forward, hold

[5] WEAVE RIGHT, STEP PIVOT 1/4 TURN, STEP, HOLD

1-2 Step right to right side, cross left behind right
3-4 Step right to right side, step left across right
5-6 Step right forward, pivot ¼ turn left (weight on left) [6:0]
7-8 Step right forward, hold

[6] ROCK BACK, RECOVER, DIAGONAL FORWARD POINT, HOLD – REPEAT

1-2 Rock back left, recover weight on right
3-4 Point left toes to left diagonal, hold (weight remains on right)
5-8 Repeat counts 1-4

[7] REVERSE ROCKING CHAIR, STEP BACK, HOLD, ROCK BACK, RECOVER

1-2 Rock back on left, recover weight on right
3-4 Rock forward on left, recover weight on right
5-6 Step left back, hold
7-8 Rock back on right, recover weight on left

[8] CROSS, POINT, CROSS, STEP BACK, SIDE STEP WITH 1/4 TURN, HOLD, ROCK BACK, RECOVER

1-2 Cross right over left, point left to left side
3-4 Cross left over right, step right back
5-6 Step left to left side making ¼ turn left, hold [3:0]

7-8 Rock back on right, recover weight on left

Tag – 16 counts at the end of walls 3 & 5 [9:0] & [3:0], SCISSOR STEPS, ROCKING CHAIR, JAZZ TRIANGLE CROSS

1-2-3-4 Step right to right side, close left beside right, cross right over left, hold

5-6-7-8 Step left to left side, close right beside left, cross left over right, hold

1-2-3-4 Rock forward on right, recover weight on left, rock back on right, recover weight on left

5-6-7-8 Step right across left, step left back to left diagonal, step right to right side, step left across right

And start all over!

Contact: steveandenise@gmail.com - Website: <http://phoenixldc.wordpress.com>
