

Dance From The Heart

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2
编舞者: Jan Wyllie (AUS) - February 2014
音乐: We'll Dance - Heartbeat

级数: Very Easy Intermediate



16 count intro,

Rock Recover Coaster Back Toe Struts Fwd x 2

1,2 Rock/step fwd on L, Rock/recover wt back on R
3&4 Step back on L, Step R beside L, Step fwd on L (coaster)
5,6 Step R toe fwd, Drop R heel to floor
7,8 Step L toe fwd, Drop L heel to floor

R Kick Ball Change x 2 Side Rock Recover Step Across Hold

9&10 Kick R fwd, Step R beside L, Step L beside R (kick ball change)
11&12 Kick R fwd, Step R beside L, Step L beside R (kick ball change)
13,14 Rock/step R to right, Rock/recover wt sideways onto L
15,16 Step R across L, Hold

Side Rock Recover Cross Shuffle 1/4 Shuffle Fwd Step Pivot 1/4

17,18 Rock/step L to left, Rock/recover wt sideways onto R
18&20 Step L across R, Step R to right, Step L across R (cross shuffle)
21&22 Making 1/4 right Step fwd on R, Step L beside R, Step fwd on R (shuffle fwd)
23,24 Step fwd on L, Pivot 1/4 right transferring wt to R

Cross Toe Strut Side Toe Strut Jazz Box

25,26 Step L toe across R, Drop L foot (toe strut)
27,28 Step R toe to right, Drop R foot (toe strut)
29,30,31,32 Step L across R, Step back on R, Step L to left, Step R beside L (jazz box)

***There are 2 'Tags' in this dance - at the end of walls 4 and 8**

Easy rocks.... Like this.....

Rock Fwd Recover Back Rock Back Recover Fwd

1,2 Rock/step fwd on L, Rock/recover wt back on R
3,4 Rock/step back on L, Rock/recover wt fwd on R

This is an easy little dance that might appeal to all those 'club dancers' out there.
Hope you enjoy the simplicity of both the dance and the song.

See you on the floor sometime.... Jan

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