

Into My Heart

COPPER KNOB
BY STEPHEN METZ

拍数: 24 墙数: 4 级数: Beginner
编舞者: Greg Wynn (UK) - February 2014
音乐: Knee Deep In My Heart - Shane Filan



Intro: 8 counts – start on vocals

ROCK FORWARD RIGHT, SHUFFLE BACK, ROCK BACK LEFT, SHUFFLE FORWARD

1-2 Rock forward on the right, replace weight back on the left,
3&4 Shuffle back - right, left, right,
5-6 Rock back on the left, replace weight back on the right,
7&8 Shuffle forward - left, right left,

¼ TURNING JAZZ BOX, POINT LEFT, BEHIND SIDE CROSS, POINT RIGHT

1-2 Cross right over left, step back left with ¼ turn to the right, (3.00)
3-4 Step to the right, point left to the left side,
5-6 Step left behind right, step right to the right,
7-8 Cross left in front of right, point right to the right side,

ROCK FORWARD RIGHT, RIGHT COASTER STEP, ROCK FORWARD LEFT, SHUFFLE ½ TURN LEFT

1-2 Rock forward right, replace weight back on left,
3&4 Step back right, step left next to right, step forward on right,
5-6 Rock forward left, replace weight back on right,
7&8 Shuffle ½ turn left - left, right, left. (9:00)

REPEAT

Also useful as a floor split with "In My Heart" (choreographed by Maggie Gallagher)

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