

Heaven Is Here

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Mathew Sinyard (UK) - February 2014
音乐: Heaven Is Here - Helene Fischer : (Album: The English Ones - iTunes)



Intro - 16 Counts (start on vocals)

Section 1: Step Lock & Step Lock, Step Pivot $\frac{1}{2}$, Shuffle $\frac{1}{2}$.

1-2& Step forward on right foot, lock left foot behind right foot, small step forward onto right foot.
3-4& Step forward on left foot, lock right foot behind left foot, small step forward onto left foot.
5-6 Step forward on right foot, pivot $\frac{1}{2}$ turn left (weight ending on left foot).
7&8 Shuffle a $\frac{1}{2}$ turn left stepping right, left, right.

Section 2: Back, Coaster Step, Forward, Step Pivot $\frac{1}{4}$, Cross Shuffle.

1 Step back on left foot.
2&3 Step Back on right foot, step left foot beside right foot, step forward on right foot.
4 Step forward on left foot.
5-6 Step forward on right foot, pivot $\frac{1}{4}$ turn left (weight ending on left foot).
7&8 Cross shuffle – Cross right foot over left, step left foot to left side, cross right foot over left.

Section 3: Side Sway & Side Rock Recover $\frac{1}{4}$, Step pivot $\frac{1}{2}$, Shuffle forward.

1-2 Sway left onto left foot, recover onto right.
&3-4 Step left foot beside right foot, rock right to right side, recover $\frac{1}{4}$ turn left onto left foot.
5-6 Step forward on right foot, pivot $\frac{1}{2}$ turn left (weight ending on left foot).
7&8 Right shuffle forward stepping right, left, right.

Section 4: Full Turn, Shuffle, Forward Mambo, Coaster $\frac{1}{4}$ turn.

1-2 Step forward on left foot making a $\frac{1}{2}$ turn right, step back on right making a $\frac{1}{2}$ turn right
(Option – Walk forward left,right).
3&4 Shuffle forward on left stepping left, right, left.
5&6 Rock forward onto right foot, recover onto left foot, step right foot beside left foot.
7&8 Step back on left foot, step right foot beside left foot, step forward a $\frac{1}{4}$ left onto left foot.

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1-2 Rock forward on right foot, recover onto left foot.
3-4 Rock back on right foot, recover onto left foot.
5-6 Step Forward on right foot, pivot $\frac{1}{2}$ turn left (weight ending on left foot).
7-8 Step Forward on right foot, pivot $\frac{1}{2}$ turn left (weight ending on left foot).

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