

Please Heart

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Jan Brookfield (UK) - April 2014
音乐: Please Heart You're Killing Me - Eleanor McEvoy



Alt. music: "Even Cowgirls get the Blues" by Rodney Crowell, or by Emmylou Harris (slower version)
Also: "Jambalaya" by Van Morrison & Linda Gail Lewis

Music available on Amazon or iTunes :

<http://www.amazon.co.uk/Please-Heart-Youre-Killing-Me/dp/B00IVBDRQY>

SECTION 1 : RUMBA BOX, MAMBO BACK, MAMBO FORWARD WITH QUARTER TURN

1,2,3,4 Step R to side, close L to R, step R forward, hold

5,6,7,8 Step L to side, close R to L, step L back, hold

9,10,11,12 Rock back on R, recover onto L, step R forward, hold

13,14,15,16 Rock forward on L, recover onto R, making ¼ turn left step on L, hold

SECTION 2 : CROSS ROCK, STEP, CROSS ROCK, QUARTER TURN

17,18,19,20 Rock R across in front of L, recover onto L, step R to side, hold

21,22,23,24 Rock L across in front of R, recover onto R, making ¼ turn left step on L, hold

SECTION 3 : STEP, TOUCH, STEP QUARTER TURN, TOUCH, STEP TO SIDE + BACK HEEL FLICK & OPTIONAL HEEL SLAP, STEP TO SIDE + BACK HEEL FLICK & OPTIONAL HEEL SLAP

25,26 Step R to side, touch L next to R

27,28 Making ¼ turn left step forward on L, touch R next to L

29,30 Step R to side, flick L foot behind R (slap with right hand)

31,32 Step L to side, flick R foot behind L (slap with left hand)

(now facing 3 o'clock)

KEEP IT GOING!