

My Heart is Filled (With You)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Annette Haslund (DK) - September 2013
音乐: You Got Me - Colbie Caillat : (Album: Breakthrough - iTunes)



Intro (28 count)

R+L TOE STRUT, R ROCK STEP, R SHUFFLE ½ TURN

1 - 4 Step R toe forward, drop R heel (weight on R), Step L toe forward, drop L heel (weight on L)*

*** Restart dance after 4 count on wall 10**

5 - 6 Rock R forward, recover on L

7&8 ¼ turn R stepping R to side, step L together, ¼ turn R stepping R to side (6 o'clock)

L+R TOE STRUT, L ROCK STEP, L SHUFFLE ½ TURN

1 - 4 Step L toe forward, drop L heel (weight on L), Step R toe forward, drop R heel (weight on R)

5 - 6 Rock L forward, recover on R

7&8 ¼ turn L stepping L to side, step R together, ¼ turn L stepping L to side (12 o'clock)

R VINE CROSS, SIDE ROCK, CROSS SHUFFLE

1 - 4 Step R to R side, step L behind R, step R to R side, cross L over R

5 - 6 Rock R to R side, recover on L

7&8 Cross R over L, step R to R side, cross R over L (12 o'clock)

R ¼ TURN, R ½ TURN, L SHUFFLE, R ROCKING CHAIR

1 - 2 ¼ turn stepping back on L, ½ turn stepping forward on R (9 o'clock)

3&4 Step forward on L, step R together, step forward on L

5 - 8 Rock R Forward, recover on L, Rock R back, recover on L

RESTART THE DANCE

Restart: on wall 10 after the first 4 count (6 o'clock)

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Last Update - 10th Dec 2014
