

You Are In My Heart

COPPER KNOB
STEPSHEETS

拍数: 120 墙数: 4 级数: Phrased Intermediate
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音乐: I Cry - Flo Rida



Intro: 32 counts - Sequence: A , A , B , B32 , A , A , B , B32 , C , C , D , B , B

A (32 count) :

(1-8) Point cross, kick ball change, back shuffle , Bottom up body roll

1-2 Point L cross over R(1), Step L to L(2)
3-4 Point R cross over L(3), Step R to R(4)
5&6 1/4 turn L stepping L kick forward(5), Step L next to R(&), touch R back(6) (9:00)
7&8 Recover weight on R(7), Step L next to R(&), Step R back(8)(you can bottom up body roll)

(9-16) Step out, 3/4 turn L, Hitch, Right shuffle

1-2 Step L out(1), Step R out(2)
3-4 1/4 turn L stepping L forward(3), 1/4 turn L stepping R to R(4) (3:00)
5-6 1/4 turn L stepping L to L(5), Hitch R diagonal (6) (12:00)
7&8 Step R to R(7), Step L next to R(&), Step R to R(8)

(17-24) Rock, Bend knee, Cross, 1/4 turn L

1-2 Step left forward bending & popping right knee(1), Recover weight on R bending & popping left knee(2)
3-4 Recover weight on L bending & popping right knee(3), Recover weight on R bending & popping left knee(4)
&5 Step L back(&), Step R cross over L(5)
6&7-8 Hold(6), Step L to L(&), Step R cross over L(7), 1/4 turn L stepping forward(8)

(25-32) Twist heels, Roll body , Pump chest forward

1-2 Step R forward(1), twist heels to right side(2)
3-4 Twist heels back(3), Step R back(4)
5&6 Pump chest forward , back, forward
7-8 Step L in place (7 , Step R forward(8)

B: (36 count) :

(1-8) Kick ball change, Point side, Dig R forward, Forward shuffle

1-2 Step L forward(1), Step R forward(2)
3&4& Kick L forward(3), Step L next to R(&), Point R to R(4), Step R next to L(&)
5&6& Point L to L(5), Step L next to R(&), Dig R forward(6), Step R next to L(&)
7&8 L forward shuffle

(9-16) Full turn, Side Shuffle, Rock

1-2 1/4 turn R stepping R forward(1), 1/4 turn R stepping L to L(2)
3-4 1/2 turn R stepping R to R(3), Point L to L(4)
5&6 Step L to L shuffle
7-8 Rock R back(7), Recover weight on L(8)

(17-24) Point, Clockwise roll hip, Chairstep

1-2 Point R diagonal (1), Clockwise roll hip (2)
3-4 Clockwise roll hip
5-6 Rock R forward(5) , Recover weight on L(6)
7-8 Rock R back(7), Recover weight on L(8)

(25-32) Rock, Full turn, Triple 1/2 turn , Left mambo

- 1-2 Rock R forward(1), Recover weight on L(2)
- 3-4 1/2 turn R stepping R forward(3), 1/2 turn R stepping L back(4)
- 5&6 1/2 turn R stepping R forward shuffle
- 7&8 Rock L to L(7), Recover weight on R(&), Step L next to R(8)

(33-36) Sway hip 4 times

- 1-2 Step L to L swaying hip left(1), Sway hip right(2)
- 3-4 Sway hip left,right

C (32 count) :

(1-8) 1/2 pivot turn, Step out, Rock body, Jump step together

- 1-2 Step R forward(1), 1/2 pivot turn L (2)
- 3-4 Step R forward(3), Step L out(4)
- 5-6 Step R out moving shoulders right, left
- 7-8 Move shoulders center, Jump step together

(9-16) 1/2 pivot turn, Step out, Rock body, Jump step together

- 1-2 Step R forward(1), 1/2 pivot turn L (2)
- 3-4 Step R forward(3), Step L out(4)
- 5-6 Step R out moving shoulders right, left
- 7-8 Move shoulders center(7), Jump step together(8)

(17-24) Back, Touch, Forward

- 1-2 Walk back R, L
- 3-4 Step R back(3), Touch L next to R(4)
- 5-6 Walk forward L, R
- 7-8 Step L forward(7), Step R to R(8)

(25-32)Rock body, Rock, Cross

- 1-2 Step L to L Rocking body to L(1), Rock body to R(2)
- 3-4 Step L in place (3), Cross R Point Behind L(4)
- 5-6 Step R to R(5), Cross L Point behind R(6)
- 7-8 step L to L(7), Step R next to L(8)

D (20 count) :

(1-8) Point cross,Kick forward cross,

- 1-2 Point L cross over R(1), Step L to L(2)
- 3-4 Point R cross over L(3), Step R to R(4)
- 5-6& Kick L forward cross over R 2 times(5-6), Step L next to R(&)
- 7-8& Kick R forward cross over L 2 times(7-8), Step R next to L(&)

(9-16) Jump, Full turn Point

- 1&2& Jump R to R(1),Touch L next to R(&), Jump L to L(2), Touch R next to L(&)
- 3&4 Jump R to R(3),Touch L next to R(&),Step L to L(4)
- 5-6-7-8 1/4 turn L pointing R to R(5), then do same 3 times(6-7-8)

(17-20) Twist hip, raise arms, open arms on side

- 1-2 Step R to R, twist hip to R, raise R arm above head(1), Twist hip to L , raise L arm above head(2)
- 3-4 twist hip to R, open arms on body side(3), Put down arms(4)

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