

Around My Heart

COPPER KNOB
STEPSHEETS

拍數: 16 牆數: 4 級數: High Beginner
編舞者: Shelly Graham (USA) - May 2015
音樂: Smoke - A Thousand Horses



#16 count intro, start on lyrics. No Tags Or Restarts. Rhythm has a Nightclub Two-Step (NC2) feel.

Sec. 1 (1-8) R SIDE, ROCK RECOVER, L SIDE, ROCK RECOVER, R ¼ TURN, R ½ TURN, R ¼ TURN, L SIDE, ROCK RECOVER

- 1 2& Step R foot to R side (1), Rock L foot back and slightly behind R foot (2), Recover weight back onto R foot (&)
- 3 4& Step L foot to L side (3), Rock R foot back and slightly behind L foot (4), Recover weight back onto L foot (&)
- 5 6& Step R making ¼ Turn R (5), Step L forward (6), pivot ½ right turn, weight onto R (&)
- 7 8& Step L foot to L side making ¼ Turn R (7), Rock R foot back and slightly behind L foot (8), Recover weight back onto L (&) (12:00)

Sec. 2 (9-16) STEP RIGHT SIDE, DEMI-PLIE BOUNCE (X2), ¾ UNWIND, SWEEP RIGHT, SYNCOPATED BOX (X2)

- 1 2 3 4& Step R foot to R side (1), cross L behind & touch L behind R as you bounce (demi-plie: small bend at knees) down (2), (straighten) up (&), (demi-plie: small bend at knees) down (3), Unwind ¾ toward left onto L (4), Sweep R from behind around L and cross R in front of L (&) (3:00)
- 5&6 7&8 Jazz Box X2: Cross R over L (5), Step L back (&), Step R to R side (6), Cross L over R (7), Step R back (&), Step L to L side (8) (3:00)

End of dance. Start Again! Have fun!

To end the dance facing 12:00 - Starting on Wall 16, facing 6:00. Start the first 8 counts and at counts 5,6& make the ¼, and ½ turn to the Right (RLR), then count 7, step Left forward (7) (3:00), R step ¼ turn L to right side, weight onto R to end facing the 12:00 wall for count 8. Bring L together next to R for extra balance.

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.
Video rights assigned to choreographer.

Contact for Shelly Graham: dancingwithshelly@gmail.com