

My Heart And Soul

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Improver
編舞者: Thomas C. Tam (CAN) - June 2015
音樂: You're My Heart, You're My Soul - Thomas Anders : (Album: Songs Forever)



Intro: 32 counts

SECTION 1: SIDE, SLIDE, BACK, RECOVER; 1/4 RIGHT, 1/2 RIGHT, 1/4 RIGHT SHUFFLE

1-2 Large step L to left, slide R towards L
3-4 Step R behind L, recover on L
5-6 Turn 1/4 right stepping R forward, turn 1/2 right stepping L back (9:00)
7&8 1/4 turn right shuffle R, L, R (12:00)

SECTION 2: CROSS, RECOVER, 1/4 LEFT, 1/4 LEFT; BEHIND, 1/4 RIGHT, FORWARD, RECOVER

1-2 Cross L over R, recover on R
3-4 Turn 1/4 left stepping L forward, turn 1/4 left stepping R to right (6:00)
5-6 Step L behind R, turn 1/4 right stepping R forward (9:00)
7-8 Step L forward, recover on R (*Restart on Wall 3, facing 3:00*)

SECTION 3: TOE, STEP, TOE, STEP; BACK, RECOVER, PIVOT 1/4 RIGHT

1-2 Touch L toe back, step on L
3-4 Touch R toe back, step on R
5-6 Rock L back, recover on R
7-8 Step L forward, turn 1/4 right with weight on R (12:00)

SECTION 4: CROSS, SIDE, BEHIND, RONDE; BEHIND, SIDE, CROSS, RONDE

1-2 Cross L over R, step R to right,
3-4 Step L behind R, sweep R back
5-6 Step R behind L, step L to left
7-8 Cross R over L, sweep L forward

SECTION 5: 1/4 LEFT JAZZ BOX; LEFT VINE, TOUCH

1-2 Cross L over R, turn 1/4 left stepping R back (9:00)
3-4 Step L to left, cross R over L
5-6 Step L to left, step R behind L
7-8 Step L to left, touch R next to L

SECTION 6: RIGHT ROLLING VINE, TOUCH; SIDE, TOGETHER, LEFT SHUFFLE

1-2 Turn 1/4 right stepping R forward, turn 1/2 right stepping L back (6:00)
3-4 Turn 1/4 right stepping R to right, touch L next to R (9:00)
5-6 Step L to left, step R next to L
7-8 Left shuffle L, R, L

SECTION 7: CROSS, RECOVER, 1/4 RIGHT, HOLD; PIVOT 1/4 RIGHT, CROSS, RECOVER

1-2 Cross R over L, recover on L
3-4 Turn 1/4 right stepping R forward, hold
5-6 Step L forward, turn 1/4 right with weight on R
7-8 Cross L over R, recover on R

SECTION 8: SCISSOR CROSS, HOLD; SCISSOR CROSS, HOLD

1-2 Step L to left, step R next to L
3-4 Cross L over R, hold

5-6 Step R to right, step L next to R
7-8 Cross R over L, hold

TAG: There is an 8-count Tag at the end of Wall 6 (facing 12:00), repeat Section 8, then Restart

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