

Heartwork

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Miquel Menéndez (ES) - July 2015
音樂: Heartwork - Justin Garner



Note: After 3rd and 6th walls, you have to dance TAG 1; and after the 7th wall, TAG 2

[1-8] □ SIDE, TOGETHER, CROSS, SIDE, ¼ TURN R, SIDE, CROSS, ¼ TURN L, ROCK BACK, TOUCH

- 1 Step RF to right (1)
- 2&3 Step LF next to RF (2); Cross RF over LF (&); Step LF to left (3)
- 4&5 ¼ turn R and Step RF to right (4) (3:00); Cross LF over RF (&); Step RF to right (5)
- 6&7 ¼ turn L and Rock back with LF (6) (12:00); Recover (&); Step LF forward (7)
- 8 Touch RF next to LF (8)

[9-16] □ SIDE, SWEEP, CROSS, SIDE, CROSS, SWEEP, CROSS, ¾ TURN L, WALK x2 BACKWARDS, ¼ TURN L, SIDE STEP, TOGETHER, CROSS

- 9 Step RF to right and Sweep LF from back to front
- 10&11 Cross LF over RF (10); Step RF to right (&); Cross LF behind RF and Sweep RF from front to back (11)
- 12&13 Cross RF behind LF (12); ¼ turn L and Step LF forward (&) (9:00); ½ turn L and Step RF backwards (13) (3:00)
- 14&15 Step LF backwards (14); Step RF backwards (&); ¼ turn L and Step LF to left (15) (12:00)
- 16& Step RF next to LF (16); Cross LF over RF (&)

[17-24] □ SIDE ROCK, FULL TURN L, SIDE ROCK, ½ TURN R, DIAGONAL FORWARD & SWEEP x3, MAMBO FWD

- 17 Rock RF to right
- 18&19 ¼ turn L and Recover weight on LF (18) (9:00); ¾ turn L and Step RF next to LF (&) (12:00); Rock LF to left (19)
- 20&21 ¼ turn R and Recover weight on RF (20) (3:00); ¼ turn R and Step LF next to RF (&) (6:00); 1/8 turn R and Step RF forward and Sweep LF from back to front (21) (7:30)
- 22,23 Step LF forward and Sweep RF from back to front (22) (7:30); Step RF forward and Sweep LF from back to front (23) (7:30)
- 24& Rock LF forward (24) (7:30); Recover weight on RF (&) (7:30)

[25-32] □ 1/8 TURN L, SIDE, CROSS ROCK, SIDE, CROSS ROCK, FULL TURN L, SIDE, SWAY

- 25 1/8 turn L and Step LF to left (25) (6:00)
- 26&27 Cross Rock RF over LF (26); Recover weight on LF (&); Step RF to right (27)
- 28&29 Cross Rock LF over RF (28); Recover weight on RF (&); ¼ turn L and Step LF forward (29) (3:00)
- 30&31 Step RF forward (30); ½ turn L and Step RF forward (&) (9:00); ¼ turn L and Step RF to right (31) (6:00)
- 32 Step LF to left and Sway your body to left (32)

START AGAIN AND HAVE FUN!!!!

TAG 1: after walls 3 and 6
Sway 2 times your body (R-L)

TAG 2: after wall 7
Sway 4 times your body (R-L-R-L)

Contact: menendez.miquel@gmail.com

