

Hole In My Heart

COPPER KNOB
BY STEPHEN HETS

拍數: 48 牆數: 4 級數: Intermediate waltz
編舞者: Nathan Gardiner (SCO) - September 2015
音樂: Hole in My Heart - Luke Friend



Intro: 24 counts start on vocals - No Tags or Restarts

(1-12) STEP FORWARD, SWEEP, STEP FORWARD, SWEEP, STEP FORWARD, SWEEP, CROSS ROCK, SIDE

1-2-3 Step forward on left, Sweep right from behind to front for 2 counts
4-5-6 Cross step right over left slightly, Sweep left from behind to front for 2 counts
1-2-3 Cross step left over left slightly, Sweep right from behind to front for 2 counts
4-5-6 Cross rock right over left, Recover on left, Step right to right side

(13-24) CROSS UNWIND FULL TURN RIGHT, STEP RIGHT, POINT, 1/4 LEFT, 1/2 LEFT, 1/4 LEFT, 3/4 LEFT, 1/4 LEFT, CROSS

1-2-3 Cross step left over right, Unwind full turn right hitching right knee up for 2 counts
4-5-6 Step right to right side, Point left toes to left side, HOLD
1-2-3 Turn 1/4 left stepping forward on left, Turn 1/2 left stepping back on right, Turn 1/4 left stepping left to left side
4-5-6 Turn 3/4 left stepping back on right, Turn 1/4 left stepping left to left side, Cross step right over left

Easy option: Cross shuffle

(25-36) SWAY LEFT, SWAY RIGHT, SWAY LEFT, RECOVER 1/4 RIGHT WITH SWEEP

1-2-3 Step left to left side swaying hips to left side for 2 counts
4-5-6 Step right to right side swaying hips to left side for 2 counts
1-2-3 Step left to left side swaying hips to left side for 2 counts
4-5-6 Recover on right turning 1/4 right, Sweep left from behind to front for 2 counts

(37-48) LEFT TWINKLE, RIGHT TWINKLE, ROCK FORWARD, RECOVER

1-2-3 Cross step left over right, Step right to right side, Step left next to right (slightly travelling forward)
4-5-6 Cross step right over left, Step left to left side, Step right next to left (slightly travelling forward)
1-2-3 Rock forward on left, Hold for 2 counts
4-5-6 Recover on right, Hook left across right for 2 counts

Contact: nathan.gardiner1998@hotmail.co.uk