

Second Hand Heart

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Taren Gaia (SA) - February 2016
音樂: Second Hand Heart (feat. Kelly Clarkson) - Ben Haenow



Intro: 8 count, start with vocals. Restart on wall 3 after 16 counts

[1-8] □ □ Extended apple jack, toe touch, heel touch, rock recover

1-2 Step RF over LF, step LF to L side
3&4 Step RF behind LF, step LF to RF, dig R Heel to R diagonal (1:30)
&5&6 Step RF fwd, touch L toe behind R heel, step LF back, dig R Heel to R diagonal
7-8 Rock fwd on RF, recover weight onto LF

[9-16] □ □ 1/2 chasse, 1/8 chasse, 2 x sailor steps

1&2 Making a 1/2 turn R, step RF to R side, step LF to RF, step RF fwd (7:30)
3&4 Making 1/8 turn R, step LF to L side, step RF to LF, step LF to L side (9:00)
5&6 Step RF behind LF, rock LF to L side, recover weight onto RF
7&8 Step LF behind RF, rock RF to R side, recover weight onto LF

[17-24] □ □ Kick, L side touch, R touch, L side touch, weave, side step, 1/4 turn

1&2& Kick RF fwd, step RF to LF, Touch L toe to L side, Step LF to RF
3&4 Touch R toe to LF, step RF to LF, Touch L toe to L side
5&6 Step LF behind RF, step RF to R side, Step LF over RF
7-8 Step RF to R side, turn 1/4 L (6:00) transfer weight to LF

[25-32] □ □ Fwd chasse, 3/4 turn, extended apple jack

1&2 Step RF fwd, step LF behind RF, step RF fwd
3-4 Making a 3/4 turn R step back on LF, step RF to R side (3:00)
5-6 Step LF over RF, step RF to R side
7&8 Step LF behind RF, step RF to LF, dig L Heel to L diagonal (1:30)
& Step LF to RF

Repeat

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Please do not alter the step sheet without notifying the choreographer first.

Last Update - 28th Oct 2016