

Only You In My Heart

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 1 級數: Improver
編舞者: Sally Hung (TW) - July 2016
音樂: woo De Shin Lee Tzu Yo Nee Mei Yo Ta by Shao-Hu Huang



Sequence of Dance: Intro Dance AAB/ A Tag B3-B6 B/ A A2-A4 Ending 8 Counts
Intro: Start To Dance On The Lyric Shin Lee(心理) After Singing Woo Der (我的)

Intro Dance (64 Counts)

1,2,3,4 Weight on R, drag L next to R, weight on L, drag R next to L
5,6,7,8 Full turn R on R-L-R, hold
9-12 Weight on L, hold, weight on R, hold
13-16 Weight on L, drag R next to L, weight on R, drag L next to R
17-20 Full turn L on L-R-L, hold
21-24 Weight on R, hold, weight on L, hold
25-32 (Cross step R over L, touch L to L side, cross step L over R, touch R to R side)x2
33-36 Step back on R-L-R-L
37-40 Cross step R over L, unwind full turn L, touch R beside L
41-48 Bump R hip for 8 times
49-56 B1
57-64 B2

(Do this intro dance as you want, just show how you feel from this song)

TAG (28 COUNTS)

1,2,3,4 Touch R to R side, touch R next to L, step R to R side, drag L toward R
5,6,7,8 Step L to L side, step R behind L, step L to L side, touch R beside L
9-12 Step R to R side, step L behind R, step R to R side, touch L beside R
13-16 Touch L to L side, touch L next to R, step L to L side, drag R toward L
17-20 Step R to R side, step L behind R, step R to R side, touch L beside R
21-24 Step L to L side, step R behind L, step L to L side, touch R beside L
25-28 Step R to R side, touch L beside R, step L to L side, touch R beside L

SECTION A (32 COUNTS)

A1. BACK ROCK, RECOVER, FWD SHUFFLE, FWD ROCK, RECOVER, BACK SHUFFLE

1,2,3&4 Rock back on R, recover onto L, fwd shuffle on RLR
5,6,7&8 Rock L fwd, recover onto R, back shuffle on LRL

A2. CROSS ROCK, RECOVER, TRIPLE STEP, CROSS ROCK, RECOVER, TRIPLE STEP

1,2,3&4 Cross R over L, recover onto L, triple step in place on RLR
5,6,7&8 Cross L over R, recover onto R, triple step in place on LRL

A3. CROSS, WALK, WALK, WALK, LIFT, CROSS, WALK, WALK, WALK, LIFT

1,2,3,4 Cross step R over L, step L to L, step R a little fwd, lift L leg up to L side
5,6,7,8 Cross step L over R, step R to R, step L a little fwd, lift R leg up to R side

A4. CROSS MAMBOS, ROCKING CHAIR

1&2,3&4 Cross mambox on RLR, LRL
5,6,7,8 Rock R fwd, recover onto L, rock back on R, recover onto L

SECTION B (48 COUNTS)

B1. TOE STRUT, CROSS TOE STRUT, TOE STRUT, CROSS TOE STRUT

1,2,3,4 Touch R toe to R side, drop heel, cross L toe in front of R, drop heel
5,6,7,8 ditto

B2. CROSS, SIDE, BEHIND, SIDE, CROSS, SIDE, BACK ROCK, RECOVER

1,2,3,4 Cross step R over L, step L to L side, step R behind L, step L to L side

5,6,7,8 Cross step R over L, step L to L side, rock back on R, recover onto L

B3. SIDE, TOGETHER, ¼ TURN R, TOUCH, ¼ TURN R SIDE, TOGETHER, SIDE TOUCH

1,2,3,4 Step R to R side, touch L beside R, ¼ turn R stepping R fwd, touch L beside R

5,6,7,8 ¼ turn R stepping L to L side, touch R beside L, step L to L side, touch R beside L

B4. SIDE, TOGETHER, ¼ TURN R, TOUCH, ¼ TURN R SIDE, TOGETHER, SIDE, TOUCH

Same as B3

B5. ¼ TURN R BACK ROCK, RECOVER, ¼ TURN L TRIPLE STEP, ¼ TURN L BACK ROCK, RECOVER, ¼ TURN R TRIPLE STEP

1,2,3&4 ¼ Turn R rocking back on R, recover onto L, ¼ turn L triple step on RLR

5,6,7&8 ¼ turn L rocking back on L, recover onto R, ¼ turn R triple step on LRL

B6. STEP, PIVOT ½ TURN L, FWD SHUFFLE, STEP PIVOT ½ TURN R, FWD SHUFFLE

1,2,3&4 Step R fwd, pivot ½ turn L, fwd shuffle on RLR

5,6,7&8 Step L fwd, pivot ½ turn R, fwd shuffle on LRL

***Please do the Ending 8 counts as you like**

Enjoy the song and happy dancing!

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