

Dance With Your Heart

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Sandy Kerrigan (AUS) & Adrian Helliker (FR) - August 2016
音樂: Dance with Your Heart - Heartbeat : (Album: This Country We Love - iTunes)



Start dance on vocals.

S1: Tap, Tap, Step Fwd, Mambo Step, Back, ½ Turn Fwd, Pivot ¼, Cross 3:00

1&2 Tap R to R Side, Tap R next to L, Step Fwd on R
3&4 Rock Fwd L, Replace Back to R, Step Back on L
56 Step Back on R, Turning ½ L-Step Fwd L 6:00
7&8 Step Fwd R, ¼ Pivot Turn L-wt on L, Cross R over L

S2: Side Rock, Cross, Vine with ¼ Turn, ½ Fwd Pivot Turn, Step Fwd, Walk, Walk 12:00

1&2 Rock L to L Side, Replace to R, Cross L over R
3&4 Step R to R Side, Cross L Behind R, Turn ¼ R-Step Fwd R 6:00
5&6 Step Fwd L, ½ Pivot Turn R-wt on R, Step Fwd L
78 Walk Fwd R, Walk Fwd L (2nd option, Full turn Fwd L)

S3: Heel Toe Strut Fwd, Heel Toe Strut Fwd, Syncopated Rocking Chair, Strut Back, Back Coaster Step 12:00

1&2& R Heel Fwd, R Toes Down, L Heel Fwd, L Toes Down
3&4&5& Rock Fwd on R, Replace Back to L, Rock Back R, Rep Fwd to L Rock Fwd on R, Rep Back L
6&7&8 Place R Toe Back, Step Down on R Heel, Step Back L, Step R next to L, Step Fwd on L

S4: Heel Switches, ¼ Rock Turn, Heel Switches, ¼ Rock Turn 12:00

1&2& R Heel Fwd, Step R next to L, L Heel Fwd, Step L next to R
3&4 Turning ¼ L-Rock R to R Side, Replace to L Side, Step R next to L
5&6& L Heel Fwd, Step L next to R, R Heel Fwd, Step R next to L
7&8 Turning ¼ R-Rock L to L Side, Replace to R, Step L next to R

S5: Vine with ¼ Turn, Syncopated Box Step, Back Rock Step 3:00

1&23& Step R to R, Cross L Behind R, Turn ¼ R-Step fwd R, Step L to L Side, Step R next to L
45&678 Step Fwd L, Step R to R, Step L next to R, Step Back on R, Rock back on L, Fwd to R

S6: ½ R Turning Shuffle, Mambo Step, ½ R Turning Shuffle, Mambo Step 3:00

1&2 Turning ½ R-Step back on L, Step R next to L, Small step Back on L
3&4 Rock Back R, Replace Fwd to L, Step Fwd R
5&6 Turning ½ R-Step Back on L, Step R next to L, Small Step Back on L
7&8 Rock Back R, Replace Fwd to L, Step Fwd R

S7: Fwd ¼ Pivot, Fwd ¼ Pivot, Fwd Shuffle, ¼ Pivot Turn, Cross Shuffle 6:00

1&2& Step Fwd L, ¼ Pivot Turn R-wt on L, Step Fwd L, ¼ Pivot Turn R-wt on L
3&456 Step Fwd L, Step R next to L, Step Fwd L, Step Fwd R, ¼ Pivot Turn L-wt on L
7&8 Cross R over L, Step Ball of L to L, Cross R over L

S8: L Side Rock, Together, R Side Rock, Together, Fwd ½ Pivot R, Fwd, Fwd ½ Pivot L, Tap Together 6:00

1&23&4 Rock L to L Side, Replace to R, Step L next to R, Rock R to R, Replace to L, Step R next to L
5&67&8 Step Fwd L, ½ Pivot Turn R-wt on R, Step Fwd L, Step Fwd R, ½ Pivot Turn L-wt on L, Tap R to L

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Note: Thankyou Adrian for the partnership in this dance, great song choice.....

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