

Wrap My Heart Up For Christmas

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Betty Lee (CAN) - November 2016
音樂: How Do I Wrap My Heart Up For Christmas - Randy Travis



Start at lyric : "how"

SECTION 1: CROSS ROCK, SIDE SHUFFLE, CROSS ¼ L BACK, COASTER

1,2 Cross step R over L, Recover onto L
3&4 Step R to side, Step L next to R, Step R to side
5,6 Cross step L over R, ¼ turn L step back on R
7&8 Step back L, Step R next to L, Step forward L

SECTION 2: WALK X 2, FORWARD MAMBO, BACK MAMBO, STEP LOCK STEP

1,2 Step R forward, Step L forward
3&4 Rock step R fwd, Recover on L, Step back R slightly
5&6 Rock back on L, Recover on R, Step forward L slightly
7&8 Step R fwd, Lock step L behind R, Step R fwd

SECTION 3: L SIDE ROCK, BEHIND SIDE CROSS, R SIDE ROCK, BEHIND SIDE CROSS

1,2 Rock step L to L, Recover on R
3&4 Step L behind R, Step R to R, Cross L over R
5,6 Rock step R to R, Recover on L
7&8 Step R behind L, Step L to L, Cross R over L

SECTION 4: SIDE ROCK ¼ R, PIVOT ¼ R, CROSS ROCK, SIDE SHUFFLE

1,2 Rock step L to L, ¼ R recover onto R
3,4 Step L fwd, pivot ¼ R turn
5,6 Cross L over R, Recover on R
7&8 Step L to side, Step together R, Step L to side

REPEAT

BRIDGE: 2 counts

during W2 after 16 counts, facing 12:00;

during W5 after 16 counts, facing 3:00

1,2 Rock step L forward, Recover onto R

Then continue with section 3 and section 4

RESTART: During W4 after 16 counts, step on L (&), restart facing 6:00

ENDING: Wall 7, facing 12:00, dance up to back mambo of section 2, ¼ turn R shuffle forward

Merry Christmas! Let's don't forget the True meaning of Christmas.

Thanks to Sherri for suggesting me how to handle the 2 extra counts on W2 & W5

Last Update: 24 Dec 2024