

# This Tender Heart

COPPER KNOB  
BY STEPHEN HETS

拍數: 64      牆數: 2      級數: Easy Intermediate  
編舞者: Judy Rodgers (USA) - January 2018  
音樂: Tender Heart - Lionel Richie



## #16 count intro

### S1: Rock, recover, shuffle turn 1/2 R, rock, recover, step lock step

1-2            Rock R fwd, recover L  
3&4           Turn 1/2 right shuffle fwd R L R - 6:00  
5-6            Rock L fwd, recover R  
7&8            Step L back, lock R over L, step L back

### S2: Turn 1/4 R sway, sway, sway, hold, cross rock, turn 1/4 L, turn 1/4 L

1-4            Turn 1/4 right step/sway R to right side, sway L, sway R, hold - 9:00  
5-8            Cross L over R, recover R, turn 1/4 left step L fwd, turn 1/4 left step R to right side - 3:00

### S3: Back, sweep, back, sweep, back, together, step, hold

1-4            Step L back, sweep R from front to back, step R back, sweep L from front to back  
5-8            Step L back, step R beside L, step L fwd, hold

### S4: Turn 1/2 L, turn 1/4 L, step, hold, step, turn 1/2 R, step, hold

1-4            Turn 1/2 left step R back, turn 1/4 left step L fwd, step R fwd, hold - 6:00  
5-8            Step L fwd, turn 1/2 right step R fwd, step L fwd, hold - 12:00

\*\*\* Restart here on Wall 5 (facing 12:00)

### S5: Turn 1/2 L, turn 1/2 L, step, hold, shuffle, rock, recover

1-4            Turn 1/2 left step R back, turn 1/2 left step L fwd, step R fwd, hold (option: walk (X3), hold)  
5&6            Shuffle fwd L R L  
7-8            Rock R fwd, recover L

### S6: Back, turn 1/4 L, cross shuffle, step cross/touch (X2)

1-2            Step R back, turn 1/4 left step L to left side - 9:00  
3&4            Cross shuffle R L R  
5-8            Step L to left side, touch R toe over L, step R to right side, touch L toe over R

### S7: Turn 1/4 L, hold, step, together, back, hold, step, drag/touch

1-4            Turn 1/4 left step L fwd, hold, step R to right side, step L beside R - 6:00  
5-8            Step R back, hold, step L to left side, drag/touch R beside L

\*\*\* Restart here on Wall 1 and Wall 3 (both times at 6:00)

### S8: Back rock, side rock, jazz box

1-4            Rock R back, recover L, rock R to right side, recover L

\*\*\* Restart here on Wall 6 (facing 6:00)

5-8            Cross R over L, step L back, step R to right side, step L fwd

## #4 Restarts:

Wall 1 and Wall 3, dance 56 counts and Restart facing - 6:00

Wall 5 dance 32 counts and Restart facing 12:00

Wall 6 dance 60 counts and Restart facing 6:00

Ending: Wall 8 (last wall) dance 15 counts....change count 16 to turn 1/2 L to face front

