

In My Heart Always

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Beginner
編舞者: Ron Bloye (UK) - March 2018
音樂: Don't Close Your Eyes - Keith Whitley : (iTunes)



Start Dance on Count 16 - No Tags or Restarts

Sect 1: Rock Fwd Right. - Right. Shuffle Back - Rock Back Left. - Left. Shuffle Fwd

1 - 2 Rock Forward Right Recover on Left.
3&4 Shuffle back Right - Left - Right.
5 - 6 Rock back Left Recover on Right.
7&8 Shuffle forward Left - Right - Left.

Sect 2: Rock.Fwd.Right,- ¼Turn Right, Side Shuffle - Cross Side Behind Side Cross.

1 - 2 Rock Forward Right - Recover on Left.
3&4 ¼ Turn Right - Side Shuffle - Right-Left-Right. (3 o'clock)
5 - 6 Cross Left over Right - Step Right to side
7&8 Left behind Right- step Right to side - cross Left over Right

Sect 3: Rock out Right - ¼ Sailor Step (6 o'clock) - Rock fwd Left. ½ Turn Shuffle L.R.L

1 - 2 Rock out Right - Recover on Left.
3&4 ¼ turn Sailor Step - Right - Left - Right.(6 o'clock)
5 - 6 Rock Forward Left - Recover Right.
7&8 ½ Turn Shuffle - Left. Right. Left. (Over Left Shoulder)(12 o'clock)

Sect 4: Step Pivot ½ Turn Left – Right. Shuffle Fwd - Rk Fwd Left- Left Coaster Step

1 - 2 Step Forward Right - Pivot ½ turn - Step on Left.(6 o'clock)
3&4 Shuffle Forward Right-Left-Right.
5 - 6 Rock Forward Left - Recover on Right.
7&8 Left Coaster Step – back Left- back Right - forward Left.

I was asked to write this dance by one of my beginners - Juley "Pony" Bennett - as the Music and words reminded her of her late husband Mark taken from her 18 month ago by cancer.

It could be a nice floor split to Kim Ray's lovely dance "Don't Close Your Eyes"

Email :- marion.bloye@btinternet.com