

# Free My Heart

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Pat Newell (USA) - June 2019  
音樂: Unchain My Heart - Joe Cocker



Senior Starter Series - Learning: Vines, heel swivels, hip bumps, coaster step, jazz box

**NO TAGS NO RESTARTS**

In count: start after 8 drum beats

**VINE RIGHT HEEL SWIVELS LEFT, RIGHT, LEFT RIGHT**

1-4            Step R to R, L behind R, step R to R, step on L

5-8            Swivel heels left, center, left, center

**VINE LEFT TO ¼ LEFT, BUMP HIPS TWO RIGHT FWD, TWO LEFT BACK ON ANGLE**

1-4            Step L to L, step R behind L, turn ¼ L on L, touch R beside L - 9:00

5-8            Bump hips 2 times fwd to R diagonal, bump hips 2 times back to L diagonal

**WALK FWD RIGHT, LEFT, RIGHT, TOUCH LEFT, STEP BACK LEFT, RIGHT, COASTER STEP**

1-4            Walk forward R, L, R, touch L beside R

5-6 7&8       Step back L, R, step back on L, step R together with L, step forward on L

**STEP RIGHT, TOUCH LEFT, STEP ¼ LEFT ON LEFT, BRUSH RIGHT, JAZZ BOX**

1-4            Step R to R, touch L beside R, step L to ¼ L, brush R beside L - 6:00

5-8            Step R over L, step back on L, step down on R, step fwd on L

**START AGAIN**

**DANCE FOR THE HEALTH OF IT**

Email: [patanddick@hotmail.com](mailto:patanddick@hotmail.com)

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