

Worn Out Heart

COPPER KNOB
BY STEPHEN HETS

拍數: 48 牆數: 2 級數: Improver
編舞者: Charles & Sandra (UK) - July 2019
音樂: Worn Out Heart - Sunny Sweeney : (iTunes)



Intro: 32 counts - 1 Restart

(Section 1) Step, ¼ pivot, Right Shuffle, Forward Rock, ¼ Shuffle

1 2 Step Right Forward, Pivot ¼ Left 9:00
3&4 Step Right Forward, Step Left beside Right, Step Right Forward
5 6 Rock Forward on Left, Recover on Right
7&8 ¼ Turn Left Stepping Left to Side, Step Right beside Left, Step Left to Side 6:00

(Section 2) Cross Shuffle, Side Rock, Behind Side Cross, Side Rock

1&2 Cross Right over Left, Step Left to Side, Cross Right over Left
3 4 Rock Left out to Left side, Recover on Right,
5&6 Cross Left Behind Right, Step Right to Side. Cross Left over Right
7 8 Rock Right out to Right Side, Recover on Left

(Section 3) Dwight Swivels, ½ Pivot, Kick Ball Change

1 Swivel Left heel Right touching Right toe beside Left foot
2 Swivel Left to Right touching Right heel diagonally forward Right
3 Swivel Left heel Right touching Right toe beside Left foot
4 Swivel Left to Right touching Right heel diagonally forward Right
5 6 Step Right Forward, ½ Pivot Left 12:00
7&8 kick Right forward, Step down on ball of Right, Step forward on Left

(Section 4) Cross, Side, ¼ Sailor, ball Step, Scuff, Step. Tap

1 2 Cross Right Over Left, Step Left to Side
3&4 Cross Right behind Left turning ¼ Right, Step Left beside Right, Step forward on Right 3:00
&5 6 Step ball of Left beside Right. Step forward on Right. Scuff Left forward
7 8 Step Forward on Left, Tap Right toe Behind Left

(Section 5) Right Lock Back, Back, Touch, step, ¼ Hitch turn Right, Left Shuffle

1&2 Step Right Back, Lock Left Over Right, Step Right Back
3 4 Step Left Back, Touch Right Toe in front of Left
5 6 Step Right Forward, Hitch Left knee up as you turn 1/4 Right 6:00
7&8 Step Left Forward, Step Right beside Left, Step Left forward (restart here on wall 5 at 6:00)

(Section 6) ½ Pivot x2 , Cross Rock, Side Rock

1 2 Step Forward Right, Pivot ½ Left 12:00
3 4 Step Forward Right, Pivot ½ Left 6:00
5 6 Cross Right over left, Recover on left
7 8 Rock Right out to Right Side, Recover on Left

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