

My Heart Is Gone

COPPERKNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Gary O'Reilly (IRE) - July 2019
音樂: My Heart Is Gone (feat. Yanka) - Vanotek



#32 count intro
NO TAGS OR RESTARTS

Start with weight on R foot, FACING [1:30]

Section 1: WALK, FWD ROCK, BACK 1/2 WALK, FWD ROCK, BACK 3/8 WALK

1 2 3 Walk forward on L (1), rock forward on R (2), recover on L (3) [1:30]
4 & 5 Step back on R (4), 1/2 L stepping forward on L (&), walk forward on R (5) [7:30]
6 7 Rock forward on L (6), recover on R (7)
8 & 1 Step back on L (8), 3/8 R stepping forward on R (&), walk forward on L (1) [12:00]

Section 2: POINT, CROSS, SIDE ROCK CROSS, BACK DRAG, TOGETHER, WALK

2 3 Point R to R side (2), cross R over L (3)
4 & 5 Rock L to L side (4), recover on R (&), Cross L over R (5)
6 7 Long step back on R (6), drag L to meet R keeping L heel touching floor (7)
& 8 Step L next to R (&), walk forward on R (8)

Section 3: OUT, OUT, IN, CROSS BACK TOGETHER, FORWARD ROCK, CHASSE 1/4

1 2 3 Step L out to L side (1), step R out to R side (2), step L in to centre (3)
4 & 5 Cross R over L (4), step back on L (&), step R next to L (5)
6 7 Rock forward on L (6), recover on R (7)
8 & 1 1/4 L stepping L to L side (8), step R next to L (&), step L to L side (1) [9:00]

Section 4: HOLD, & 1/8, TOGETHER, BEHIND, 1/8, CROSS, COASTER STEP

2 HOLD (2)
& 3 4 Step R next to L (&), 1/8 L stepping fwd on L towards diagonal (3), step R next to L (4) [7:30]
5 6 7 Walk back on L crossing behind R (5), 1/8 R stepping R to R side (6), cross L over R (7) [9:00]
8 & 1 Step back on R (8), step L next to R (&) step forward on R (1)

Section 5: WALK, CROSS, BACK LOCK BACK, 1/2, WALK, BACK LOCK BACK

2 3 Walk forward on L (2), cross R over L (3)
4 & 5 Step back on L (4), cross lock R over L (&), step back on L (5)
6 7 1/2 R walking forward on R (6), walk forward on L (7) [3:00]
8 & 1 Step back on R (8), cross lock L over R (&), step back on R (1)

Section 6: 1/4, TOUCH, HOLD, & CROSS SIDE BEHIND/SWEEP, BEHIND SIDE WALK

2 3 4 1/4 L stepping L to L side (2), touch R next to L (3), HOLD (4) [12:00]
&567 Step R next to L (&), cross L over R (5), step R to R side (6), cross L behind R while sweeping R around from front to back (7)
8 & 1 Cross R behind L (8), 1/8 L stepping L to L side (&), walk forward on R (1) [10:30]

Section 7: WALK, 1/2, ANCHOR/HITCH, WALK, WALK, SAMBA 1/4

2 3 Walk forward on L (2), 1/2 L walking back on R (3) [4:30]
4 & 5 Step back on L behind R (4), step weight onto R (&), step slightly back on L while hitching R knee (5)
6 7 Walk forward R (6), walk forward L (7)
8 & 1 1/8 R crossing R over L (8), rock L to L side (&), 1/8 R recovering on R (1) [7:30]

Section 8: FWD ROCK, SHUFFLE 1/2, FWD ROCK, 1/2

- 2 3 Rock forward on L (2), recover on R (3)
4 & 5 ¼ L stepping L to L side (4), step R next to L (&), ¼ L stepping forward on L (5) [1:30]
6 7 Rock forward on R (6), recover on L (7)
8 ½ R stepping forward on R (8) [7:30]

***Ending: to finish facing the front [12:00], after 64 counts of Wall 5 facing [7:30], add 3/8 turn over R on ball of R pointing L to L side.**

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