

# Heart Body & Soul

**COPPER** **NOB**  
BY STEPHEN

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Yvonne Anderson (SCO), Ira Weisburd (USA) & Ruben Luna (USA) - October  
2019  
音樂: Far to Go - Ronnie Beard



Genre: Country Line Dance

Introduction: 16 count instr., start on vocal @ approx. 11 sec.

**\*NO TAGS !! NO RESTARTS !!**

## **PART I. (CROSS ROCK, RECOVER, L SIDE SHUFFLE; CROSS ROCK, RECOVER, R SIDE SHUFFLE)**

1-2                      Rock L across R, Recover weight on R  
3&4                     Step L to L, Step-close R beside L, Step L to L  
5-6                     Rock R across L, Recover weight on L  
7&8                     Step R to R, Step-close L beside R, Step R to R

## **PART II. (CROSS, SIDE, BEHIND, SWEEP, BEHIND, 1/4 L TURN, FORWARD, LOCK, STEP)**

1-2                     Step L across R, Step R to R  
3-4                     Step L Behind R, Sweep R out and around from front to back  
5-6                     Step R behind L, make 1/4 Turn L stepping L forward (9:00)  
7&8                     Step R forward, Step L behind R , Step R forward

## **PART III. (ROCK FORWARD, RECOVER, ROCK BACK, RECOVER; FORWARD, PIVOT 1/4 R, FORWARD, PIVOT 1/4 R)**

1-2                     Rock L forward, Recover weight on R  
3-4                     Rock L back, Recover weight on R  
5-6                     Step L forward, Pivot 1/4 Turn R (12:00)  
7-8                     Step L forward, Pivot 1/4 Turn R onto R (3:00)

## **PART IV. (CROSS, POINT, CROSS, POINT; CROSS, BACK, SIDE ROCK, RECOVER)**

1-2                     Step L across R, Point R toes to R  
3-4                     Step R across L, Point L toes to L (Note: Counts 1-4 travel forward)  
5-6                     Step L across R, Step R back  
7-8                     Rock L to L, Recover weight on R

**REPEAT DANCE.**

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