

Take it to the Heart

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Phrased Intermediate
編舞者: Judy Rodgers (USA) - January 2020
音樂: Take It to the Heart - Anthony Callea : (Amazon.com)



#16 count intro

sequence: A, B, C, C, tag, A, B, C, C, A16+, B, C, C, C, C, Ending

start wall: 12,12,12, 6, 12,..12,12,12, 6, 12....6, 6, 12, 6, 12 .. 6

Section A (32 counts):

S1: Side, drag, cross rock, side, drag, cross, turn 1/4 L

1-4 Step L big step to left side, drag R to L, rock R over L, recover L

5-8 Step R big step to right side, drag L to R, cross L over R, turn 1/4 left step R back 9:00

S2: Turn 1/4 L step, sweep, step, sweep, cross, back, side, touch

1-4 Turn 1/4 left step L fwd, sweep R back to front, step R fwd, sweep L back to front 6:00

5-8 Cross L over R, step back R, step L to left side, touch R beside L

A16+ : (3rd time at section A)- dance S1 and S2, add 'step R to right, step L beside R' and go to section B

S3: Side rock, cross, side, behind, turn 1/4 L, point, hold

1-4 Rock R to right side, recover L, cross R over L, step L to side

5-8 Step R behind L, turn 1/4 left step L fwd, point R to right side, hold 3:00

S4: Turn 1/2 R, point, cross, side, behind, turn 1/4 R, step, touch

1-4 Turn 1/2 R step R beside L, point L to left, cross L over R, step R to side 9:00

5-8 Step L behind R, turn 1/4 right step R fwd, step L fwd, touch R beside L

Section B (16 counts):

S1: Turn 1/4 R, hold, turn 1/2 R, hold, sway, sway, sway, hold

1-8 Turn 1/4 right step R fwd, hold, turn 1/2 right step L back, hold, sway R, sway L, sway R, hold 9:00

S2: Side, behind, turn 1/4 L shuffle, step turn 1/2 L, step, touch

1-8 Step L to side, step R behind L, turn 1/4 L shuffle fwd, step R fwd, turn 1/2 L step L, step R, touch L 12:00

Section C (32 counts.....danced on the chorus 'take it to the heart'):

S1: Side, together, shuffle, cross rock, shuffle side

1-2,3&4 Step L to left side, step R beside L, shuffle left L R L

5-6,7&8 Rock R over L, recover L, shuffle right R L R

S2: Cross, turn 1/4 L, step lock step, rock recover, turn 1/2 L shuffle

1-2-3&4 Cross L over R, turn 1/4 L step R back, step L back, lock R over L, step L back 9:00

5-6-7&8 Rock R back, recover L, turn 1/2 left shuffle back R L R 3:00

S3: Turn 1/4 L side rock, cross shuffle, side rock, cross shuffle

1-2-3&4 Turn 1/4 L rock L to side, recover R, cross L over R, step R to right side, cross L over R 12:00

5-6-7&8 Rock R to right side, recover L, cross R over L, step L to left side, cross R over L

S4: Turn 1/4 R, turn 1/4 R, shuffle, rock recover, coaster step

1-2-3&4 Turn 1/4 right step L back, turn 1/4 right step R to right side, shuffle fwd L R L 6:00

5-6-7&8 Rock R fwd, recover L, step R back, step L beside R, step R fwd

Note: Dance 'section C' 2 times the first 2 times thru, and 4 times the last time thru (sequence above)

Tag: after 2nd 'section C' (see seq:), add 4 cnts: (rocking chair) rock L fwd, rec R, rock L back, rec R

Ending: After dancing 'C' for the 4th time (last time)....add 'Step L, turn 1/2 R, step L fwd, touch
