

Heart of Stone

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Amanda G. (USA) - January 2020
音樂: Paradox - Ac Thomas



Intro: 16 counts Start on lyrics – one restart at 3 o'clock wall

ROCK STEP R, R PONY BACK, ROCK STEP L, L PONY FORWARD (12:00)

1 2 Rock R forward, recover on L
3&4 Pony back; R, L, R
5 6 Rock L back, recover on R
7&8 Pony forward; L, R, L (12:00)

SWAY R L 1/8 TURNS 2x TO THE LEFT, 3 QUARTER PADDLES TO THE LEFT, R POINT (12:00)

1 2 3 4 Sway R L 1/8 left turn, sway R L 1/8 left turn (9:00)
5& Step right forward, turn ¼ left (weight to left) (6:00)
6& Step right forward, turn ¼ left (weight to left) (3:00)
7& Step right forward, turn ¼ left (weight to left)
8 R point right (12:00)

(4th wall restart)

CROSS SAMBA, CROSS SAMBA ¼ TURN, STEP LOCK R, LEFT OUT L CROSS OVER R

1&2 Cross R over L, recover on L, step R to right side (12:00)
3&4 Cross L over R, step R to right side, ¼ turn left, step L to left side (9:00)
5&6 Step R forward, lock behind R, lock (9:00)
7&8 Rock L left, recover R, L cross R (9:00)

STEP R, L BEHIND, QUARTER TURN R SHUFFLE, STEP L, PIVOT 1/2 RIGHT, RIGHT FULL ROLLING TURN

1 2 Step R, step L behind R (begin quarter turn to right)
3&4 Quarter turn, shuffle; R, L, R (12:00)
5 & Step L forward, ½ Pivot, weight on L (6:00)
6 7 8 ½ turn right, ½ turn right, step L (6:00)

Restart: 4th wall, restart after 16 counts

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