

My Brother Ain't Heavy

COPPER **NOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Salfoo (MY) - March 2020
音樂: He Ain't Heavy...He's My Brother - The Osmonds



Intro: On the word 'long'

*** 1 RESTART/ NO TAGS (Wall 6 after 16 Counts)

[01-08] SYNCOPATED FORWARD ROCKS, RUN BACK L, R, L, BACK, RECOVER

1-2 & 3-4 Rock R Forward, Recover Onto L, Step R Beside L (&), Rock L Forward, Recover Onto R
5&6 (Take Slow) Run L Backward, Run R Backward, Run L Backward
7-8 Step R Backward, Recover Onto L

[09-16] SHUFFLE FORWARD, SIDE, RECOVER, TOGETHER, SHUFFLE FORWARD, FORWARD, RECOVER, 1/4 L

1&2 Step R Forward, Close L Beside R, Step R Forward
3&4 Step L To L, Recover Onto R, Close L Beside R
5&6 Step R Forward, Close L Beside R, Step R Forward
7&8 Step L Forward, Recover Onto L, Make a 1/4 L Turn Step L To L

RESTART Wall 6, After 16 Counts

[17-24] CROSS, SIDE, WEAVE , SIDE, RECOVER, SAILOR STEP

1-2 3&4 Cross R Over L, Step L To L, Cross R Behind L, Step L To L, Step R Forward
5-6 Step L To L, Recover Onto R,
7&8 Step L Behind R, Step R To R, Step L To L (Angle Body To L)

[25-32] CHASE TURN, DOROTHY STEP, MAMBO STEP

1-2 3-4 Step R Forward, Make a 1/2 L Turn, Step R Forward, Make a 1/2 L Turn
5-6 & Step R Diagonally Forward, Lock L Behind R, Step R Diagonally Forward (&)
7&8 Rock L Forward, Recover Onto R, Step L Beside R

START AGAIN...HAVE FUN!

Ending: Counts 15 &16, Change Steps To Forward, Pivot 1/2 R, Forward To Face Front.

Dedicated to my Brother, Roger Foo.

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