

# Heart & Soul

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Improver  
編舞者: Yvonne Krause (USA) - December 2019  
音樂: Anema e Core - Frankie Avalon



## [1-8] RIGHT & LEFT SYNCOPATED LOCK STEPS

- 1-2            Step forward on right, step left behind right.
- 3&4          Step forward on right, step left behind right, step forward on right.
- 5-6          Step forward on left, step right behind left.
- 7&8          Step forward on left, step right behind left, step forward on left.

## [9-16] ROCK RECOVER, SWEEP, BEHIND SIDE CROSS

- 1-4            Rock forward on right, recover onto left, step back on right, sweep left front to back.
- 5-8            Step left behind right, step right to right side, cross left over right, hold.

## [17-24] SERPENTINE W/TURNS

- 1-3            Step right to right side, step left behind right, step to right into a ¼ turn.
- 4-5            Step forward on left, pivot ½ right stepping forward on right.
- 6-8            Step left side making a ¼ turn right, cross right behind left, step left to side. 12:00)

## [25-32] ROCK RECOVER, COASTER STEP, ROCK RECOVER, COASTER STEP

- 1-2            Rock forward on right, recover onto left.
- 3&4          Step back on right, step left next to right, step forward on right.
- 5-6          Rock forward on left, recover onto right.
- 7&8          Step back on left, step right next to left, step forward on left.

## [33-40] OPEN RUMBA BOX FORWARD

- 1-4            Step right to right side, step left next to right, step forward on right, touch left next to right.
- 5-8            Step left to left side, step right next to left, step forward on left, touch right next to left.

## [41-48] OPEN RUMBA BOX GOING BACK

- 1-4            Step right to right side, step left next to right, step back on right, touch left next to right.
- 5-8            Step left to left side, step right next to left, step back on left, touch right next to left.

## [49-56] MONTEREY PENDULUM

- 1-2            Touch right toe to right side as you turn ½ right on ball of left stepping together on right.
- 3-4            Touch left toe to left side as you turn ¼ left on ball of right stepping together on left.
- 5-6            Touch right toe to right side as you turn ½ right on ball of left stepping together on right.
- 7-8            Touch left toe to left side as you turn ¼ left on ball of right stepping together on left. (6:00)

## [57-64] ROCKING CHAIR

- 1-4            Rock forward on right, rock back on left, rock back on right, rock forward on left.
- 5-8            Rock forward on right, rock back on left, rock back on right, rock forward on left.

Dedicated to my good friend, Pat Howle – May You Always Dance Like No One Is Watching

Contact: [ykrause@yahoo.com](mailto:ykrause@yahoo.com)