

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

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