

Dance To The Beat (Of Your Heart)

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Wanda Heldt (AUS) - July 2020
音樂: Tena Clark and Tim Heintz - Break The Chain



Movement to help women Break the Chain of Violence against them.

Alternate Music:- Boogie Shoes by Glee Cast / Billie Jean by M.Jackson

Split floor:- Do It Like This by Daphna Willis. / Das Vi Daniya / Funk It Out / Better When I'm Dancing.

And for Christmas - Do They Know It's Christmas [Feed The World] by The Fire Tones] See lyrics

So'Dance to the beat of your Heart' Spread Joy, Love, Reach out to those in need. xx

I choreograph dances to be used as split floor as it's easy to pick up on the floor at socials. My main aim is always to keep my Beginners & Guests on the dance floor and never feel left out.

S1. WALK FORWARD R.L.R, KICK,WALK BACK, L.R. LEFT COASTER STEP

1-4 Walk forward, R.L.R. Left kick. [Prissy walk if so wish] Walk back L.R.
5-6 Step back on Left, Step Right next to Left, Step forward on Left.
7&8 Step back on Left Step Right next to Left, Step forward on Left

S2. RIGHT VINE, KICK, LEFT VINE, KICK or ROLLING VINE

1-2 Step Right to Right side, Step Left behind Right,
3-4 Step Right to Right side, Touch Left next to Right.
5-6 Step Left to Left side, Step Right behind Left,
7-8 Step Left to Left side, Touch Right next to Left.

S3. STEP RIGHT, STEP LEFT BEHIND, 1/4 TURN LEFT SHUFFLE FORWARD R.L.R or HOLD, LEFT FORWARD, 1/4 TURN RIGHT, CROSS SHUFFLE L.R.L or HOLD

1-2 Step Right to Right side, Step Left behind Right with a 1/4 turn Right [Wt.on L] [3:00]
3&4 Shuffle forward R.L.R. or Hold.
5-6 Step forward on Left, turn a 1/4 Right recover [Wt. on R].
7&8 Cross Left over Right, Step Right to Right, Cross Left over Right or Hold. [6:00]

S4. STEP RIGHT [push hip to R], TOUCH, STEP LEFT [push hip to L, TOUCH, STEP RIGHT [push hip to R, TOUCH, STEP LEFT [push hip to L, TOUCH

1-2 Step Right and push hip to Right side, Touch Left heel next to Right.
3-4 Step Left push hip out to Left side, Touch Right heel next to Left.
5-6 Step Right push hip out to Right side, Touch Left heel next to Right.
7-8 Step Left push hip to Left side, Touch Right toe next to Left.

Restart..... HAVE FUN IN LIFE & IN DANCE

Email: silverstarwa@gmail.com - 0403 536 163