

Shape of My Heart

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: JMP (KOR) & Rex Chuan (USA) - March 2021
音樂: Shape of My Heart - Sting



Intro : 32 count

Restart : On the 6th wall & 11th wall dance after 16 counts + Tag (2 count)

Tag : 1 - 2 Step LF Side, Tap RF Beside L (9:00)

S1 (1-8) Step FWD Recover Together (R-L), 1/2 Turn Right FWD, 1/4 Turn Right Side, Step Back (Sweep), Behind, Side

1 2& Step RF forward (1), Recover LF (2), Close RF to L (&
3 4& Step LF forward (3), Recover RF (4), Close LF to R (&
5 6 1/2 turn right step RF forward (5), 1/4 turn right step LF side (6) - 9:00
7 8& Step RF back with sweep LF (7), Step LF behind R (8), Step RF side (&

S2 (1-8) Cross Rock, Recover, Side, Cross Rock, Recover, Side, 1/4 Turn Right FWD, Mambo FWD Big Back with Drag Heel, Coaster Step

1 2& Cross LF over R (1), Recover RF (2), Step LF side (&
3 4& Cross RF over L (3), Recover LF (4), Step RF side (&
5 6& 1/4 turn right step LF forward (5), Rock RF forward (6), Recover LF (&) - 12:00
7 8& Step big RF back with drag LF heel (7), Step LF back (8), Close RF to L (&

S3 (1-8) Diagonally Lock Step (R-L), Step FWD, 1/2 Pas De Bourree Turn right, FWD Coaster Step

1 2 & Step LF forward (1), Step RF diagonally forward to the R (2), Cross LF behind R (&
3 4 & Step RF forward (3), Step LF diagonally forward to the L (4), Cross RF behind L (&
5 6 Step LF forward (5), Step RF forward (6)
7 & 8 Cross LF behind R (7) - heel up, 1/2 turn right step RF small side (&) - heel up, Step LF forward (8) - heel down and knee bend just a little bit (&) - 6:00

S4 (1-8) Rock Forward, Recover, Back, 1/4 Turn Left Side, Double Lock Step 1/2 Turn Right, Step Side Slide, Drag Touch

1 2& Step RF forward (1), Recover LF (2), Step RF back (&
3 4& 1/4 turn left step LF side (3), Step RF forward (4), Cross LF behind R (&
5 & 6 1/4 turn right Step RF forward (5), Cross LF behind R (&), 1/4 turn right Step RF forward (6) - in a circle (9:00)
7 8 Step LF side slide (7), RF drag and touch next to L (8)

Have a happy day~~~!

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