

Me n You One Heart

COPPER KNOB
BY SHEETS

拍數: 72
編舞者: Dodo Wong (CAN) - March 2021
音樂: One Heart - Z.TAO

牆數: 2

級數: Phrased Intermediate



This dance is dedicated to My Students & dancers dance virtually with me for a year during COVID-19.
Wishing Everyone Stay Safe, Healthy & Happy Dancing.
Intro: 16 counts - Sequence: A16, Tag, AAB, AB, AB

Part A: 32 counts

Section 1: Touch Out, Monterey 1/4R, Syncopated Vine R & L

- 1-2 3&4& Touch right toe out, step right together left & make a 1/4R with sweep L out, cross left over right, step right to side, cross left behind right, step right to side (3:00)
- 5-6-7 8&1 Cross left over right, step right to side, cross left behind right & sweep right from front to back, cross right behind left, step left to side, step right forward

Section 2: Fwd, Extend Step Lock Steps, Pivot 1/2R, Run 3 Steps

- 2 3&4&5 Step left forward, step right forward, lock left behind right, step right forward, lock left behind right, step right forward
- 6-7 8&1 Step left forward, pivot 1/2R, run 3 steps L/R/L (9:00)

*Restart here on first A then do the Tag

Tag (4 counts): Step left forward (1), bounces heels 1/4R (2-3-4) (Both hands make a heart shape & bomb 4 times in front of your chest) end weight on left for restart A

Section 3: Pivot 1/4R, Left Jazz Box Cross, Coaster, Swivel heels 1/2L

- 2 3&4& Pivot 1/4R, cross left over right, step right back, step left back, cross right over left (12:00)
- 5-6-7 8&1 Step left back, step right together, step left forward, Forward right, swivel left heel 1/4L, swivel right heel 1/4L (6:00)

Section 4: Rock Back, Recover, Left Cross Samba, Fwd Rock, Recover, Back, Together

- 2-3 4&5 Rock left back, recover onto right, step left cross right, rock right to side, recover onto left
- 6-7 8& Rock right forward, recover onto left, step right back, step left together

Part B: 40 counts

Section 1: Touch Out, Side, Cross, Side, Cross, Unwind Full R, Left Rocking Chair Diagonal, Touch

- 1-2-3-4-5-6 Touch right toe out, step right to side, cross left over right, step right to side, cross left over right, unwind full R and weight on R (12:00)
- 7&8&1 Rock left diagonal left, recover onto right, rock left back diagonal, recover onto right, touch left beside right

Section 2: Side, Cross, Side, Cross, Unwind Full L, Right Rocking Chair Diagonal, Touch

- 2-3-4-5-6 Step left to side, cross right over left, step left to side, cross right over left, unwind full L and weight on L (12:00)
- 7&8&1 Rock right diagonal right, recover onto left, rock right back diagonal, recover onto left, touch right beside left

Section 3: Sway R/L/R, Big Side, Drag, V-Shape Out, Out, In, In

- 2-3-4-5-6 Square up 12:00 and sway R/L/R, big step left to side, drag right towards left
- 7&8& Step right out, step left out, step right in, step left together

Section 4: Hold, R/L Fwd Mambo, Step Lock Step, Mambo 1/2L

- 1 2&3 4&5 Hold (1), Press right forward, recover onto left, step right besides left, press left forward, recover onto right, step left besides right

6&7&8& Step right forward, lock left behind right, step right forward, rock left forward, recover onto right, step left forward & make a 1/2L (6:00)

Section 5: Repeat Section 4 (back to 12:00)

Have Fun & Enjoy !

Email: dodo_wong@rogers.com
