

One Heart One Soul

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: OliSien (BEL) - May 2021
音樂: Heart and Soul - T'Pau



Dance info: intro 48 counts

Restart: in wall 2&4 after 24 counts, facing (6.00) on wall 6&7 just do the 24 first steps

S 1 Heel turn ¼ R, coaster step, cross, ¼ L, ¼ L, touch right side, step down

1-2 Make ¼ turn on R heel, step LF next to RF
3&4 Step RF back, close LF next to RF, step RF forward
5-6 Cross LF over RF, step RF back making ¼ turn L
7&8 Step LF to side making ¼ turn L, touch RF to R side, step RF down (9.00)

S 2 Swivel ¼ R, ½ L ,(weight on RF) step lockstep, rock step fwd, full turn R (back)

1-2 Swivel ¼ R weight on LF, swivel ½ L weight on RF
3&4 Step LF forward, cross RF behind LF, step LF forward
5-6 Step RF forward, recover on LF
7-8 ½ turn R step RF forward, ½ turn R step LF backward (12.00)

S 3 Side rock, sailor step, cross, side, sailor step (12:00)

1-2 Step RF to side, recover on LF
3&4 Step RF behind LF, step LF to L side, step RF to R side
5-6 Cross LF over RF, step RF to side
7&8 Step LF behind RF, step RF to R side, step LF to L side

Restart here on wall 2 & 4

S 4 Step side, hold, ball side, ¼ L touch fwd, step, lock, step lock step

1-2 Step RF to R side, hold
&3-4 Close LF next to RF(&), step on RF to R side(3), ¼ turn L touch LF forward making
5-6 Put LF down, cross RF behind LF
7&8 Step LF forward, cross RF behind LF, step LF forward

S 5 Side rock, weave & cross, side rock, weave ¼ R (6.00)

1-2 Step RF to R side, recover on LF
3&4 Step RF behind LF, step LF to L side, cross RF over LF
5-6 Step LF to L side, recover on RF
7&8 Step LF behind RF, step RF forward making ¼ turn R, step LF forward (3.00)

S 6 Syncopated monterey ¼ R, step fwd R, L, syncopated monterey ½ R, step fwd R,L

1&2& Point RF to R turn ¼ R stepping RF next to LF, point LF to L, step LF next to RF
3-4 Step forward R - L
5&6& Point RF to R turn ½ R stepping RF next to LF, point LF to L, step LF next to RF
7-8 Step forward R - L (3.00)

S 7 Step, lock, step lock step, step, lock, step lock step

1-2 Step RF forward, cross LF behind RF
3&4 Step RF forward, cross LF behind RF, step RF forward
5-6 Step LF forward, cross RF behind LF
7&8 Step LF forward, cross RF behind LF, step LF forward (3.00)

S-8 Rock step fwd, coaster step, rock step fwd, triple turn ¾

1-2 Step RF forward, recover on LF

3&4 Step RF back, close LF next to RF, step RF forward
5-6 Step LF forward, recover on RF
7&8 $\frac{1}{2}$ turn L stepping LF forward, close RF next to LF , $\frac{1}{4}$ turn L step LF to L side (6.00)

Enjoy the dance
