

# Nsync (My Heart)

**COPPER** **KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Easy Intermediate  
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音樂: Tearin' Up My Heart - \*NSYNC



Sequence : A16 - BBB - A16 - BBB - AA - BB16

## Part A 32 Count

### S1 WALK WALK OUT OUT IN IN KNEE POPS

1 - 2      Walk Forward RF, Walk Forward LF  
&3      Step RF to right, Step LF to left  
&4      Step RF to center, Step LF beside RF  
5&      Pop Knees out to respective side, Bring knees back to center  
6&      Pop Knees out to respective side, Bring knees back to center  
7&      Pop Knees out to respective side, Bring knees back to center  
8&      Pop Knees out to respective side, Bring knees back to center

### S2 FORWARD MAMBO, BACK MAMBO, POINT TOUCH STEP, SAILOR ¼ TURN

1 & 2      Step R forward, recover on L, Step R back  
3 & 4      Step L backward, recover on R, Step L forward  
5 & 6      Point RF to Right, Touch RF beside LF, Step RF to right  
7 & 8      Step LF back, Making ¼ left step RF to right & Step LF to left

### S3 R SIDE ROCK X2, STEP SWEEP, JAZZ BOX

1 - 2      Rock R to R side, Recover L  
3 - 4      Rock R to R side, Step L next to R while sweep R from side to front  
5 - 6      Cross R over L, Step L back  
7 - 8      Step R to R side, Step RF beside LF

### S4 BRUSH, HITCH, TOGETHER, PIVOT ½, TRIPLE RUN

1 & 2      Brush R beside L, Hitch R knee up, Step R together  
3 & 4      Brush L beside R, Hitch L knee up, Step L together  
5 & 6      Step R forward ½ turn to L, L in place, R forward  
7 & 8      Run forward L (7), R (&), L (8)

## Part B 32 Count

### S1 SLIDE R, DRAG L, DOUBLE STOMP, 360 L ROLLING TURN, STOMP

1,2,3      R slide a long step side R, Slowly drag L foot next to R, keeping weight on R  
&4      L stomp twice next to R  
5 - 6      L step into ¼ turn L, R step into ¼ turn L  
7 - 8      L step into ½ turn L, R stomp next to L, keeping weight on L

### S2 KICK BALL SIDE TOUCH, BODY ROLL BACK

1 & 2      R kick forward, R Tab ball beside L, L side touch  
3 & 4      L kick forward, L Tab ball beside R, R side touch  
5,6,7,8 4      Count slow body roll up and back (Weight on L)

### S3 SIDE ROCK, BEHIND, ¼ RIGHT TURN, FWD, PIVOT ½, PIVOT

1 - 2      Rock L to side, Recover on R  
3 & 4      Step L behind R, ¼ turn right Step R fwd, L fwd  
5 - 6      Rock R fwd, ¼ Left Recover on L  
7 - 8      ½ Turn Left Rock R to side, Recover on L

**S4 SYNCOPATED MONTEREY, PADDLE TURN ¼ LEFT, SIDE TOGETHER**

1&2& Touch R to side, Step R together, Touch L to side, Step L together  
3&4& Touch R to side, Step R together, Touch L to side, Step L together  
5 - 6 Step R forward, Turn ¼ Left  
7 - 8 RF Close beside LF

**KEEP HEALTHY & ENJOY THE DANCE.**

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