

My Heart, My Soul

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Nina Skyrud (NOR), Rob Fowler (ES) & I.C.E. (ES) - September 2021
音樂: I Owe It All To You - Johnny Reid



Restarts: 2, in wall 4 and wall 7

Intro: Start the dance after 32 counts.

[1-8] Rock Fwd, Recover, Switch, Rock Fwd, Recover, Switch, Step, ¼ Turn Side, Recover, Cross Shuffle

1, 2& Rock Right foot forward (1), Recover onto Left (2), Step Right ball next to Left (&)

3, 4& Rock Left foot forward (3), Recover onto Right (4), Step Left Ball next to Right (&)

Restart here in wall 4

5 Step forward on Right (5) [12:00]

6& Turn ¼ Turn right stepping Left foot to left side (6), Recover onto Right (&) [3:00]

7&8 Cross Left foot over Right (7), Step Right foot to right side (&), Cross Left foot over Right (8).

[9-16] Syncopated Weave, Cross Rock, Recover, ¼ Turn, Step, ½ Chase Turn, Full Turn

1, 2& Step Right foot a long step right (1), Cross Left foot behind Right (2), Step Right foot to right side (&)

3, 4& Cross Left foot over Right (3), Recover onto Right foot (4), Turn ¼ Turn left stepping Left foot forward (&)

5 Step Right foot forward (5) [12:00]

6& Step Left foot forward (6), Turn ½ Turn right stepping Right foot forward (&) [6:00]

7, 8& Step Left foot forward (7), Turn ½ Turn left stepping Right foot back (8), Turn ½ Turn left stepping Left foot forward (&)

None turning option for count 8&: Run forward Right (8), Left (&).

[17-24] ½ Turn, Dorothy Step x2, Cross, ¼ Pivot Turn

1,2 Step Right foot forward (1), Turn ½ Turn left stepping Left foot forward (2) [12:00]

3, 4& Step Right foot diagonally forward right (3), Lock Left foot behind right (4), Step Right foot diagonally forward right (&)

5, 6& Step Left foot diagonally forward left (5), Lock Right foot behind Left (6), Step Left foot diagonally forward left (&)

7, 8& Cross Right foot over left (7), Turn ¼ Turn right stepping Left foot back (8), Step Right foot to right side (&) [3:00]

[25-30] Rock, Recover, Triple Full Turn in place, ¼ Turn Side, Behind, Cross, Syncopated Weave ¼ Turn

1,2 Rock Left foot forward (1), Recover back onto Right foot (2)

3&4 Make a triple Full Turn left on the spot stepping Left (3), Right (&), Left (4) [3:00]

Restart here in wall 7 (after the instrumental)

5, 6& Turn ¼ Turn left stepping Right foot a long step right (5), Cross Left foot slightly behind Right (6), Cross Right foot over Left (&) [12:00]

7, 8& Step Left foot to left side (7), Cross Right foot behind Left (8), Turn ¼ Turn left stepping Left foot forward (&) [9:00].

Non turning option for count 3&4: Back Coaster Step.

Start over!

For a nice ending facing the front: Turn ¼ left instead of a ½ Turn on count 18 and Cross Right foot over Left.

Contact: ninasky@online.no