

# 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.

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