

My Heart Starts Dancing

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate NC
編舞者: Tomas Ängshed (SWE) - December 2021
音樂: I Love You More - Avery Anna



Intro: after 16 counts

[1 - 9] Step fwd with sweep, cross, side, back with sweep, behind, 1/8 L, prissy walks RL, rock fwd, recover, 3/8 R, 1/2 R, 1/4 R

1 2&3 Step RF fwd sweep LF, cross LF over RF, step RF to side, step LF back sweep RF
4& Cross RF behind LF, turn 1/8 L step LF fwd to L diagonal (10.30)
5 6 Walk RF fwd and slightly in front of LF, walk LF fwd and slightly in front of RF
7 & Rock RF over LF, recover to RF
8 & 1 Turn 3/8 R step RF fwd (3.00), turn 1/2 R step LF back (9.00), turn 1/4 R step RF to side (12.00)

Restart here on wall 4

[10-17] Cross, 1/4 L, side, ball, step fwd, walk, rocking chair, 1/2 R with sweep

2 3 Cross LF over RF, make a 1/4 hinge turn L stepping RF to side (9.00)
4&5 6 Step LF to side, step RF next to LF, step LF fwd, step RF fwd
7&8& Rock LF fwd, recover to RF, rock LF back, recover to RF
1 Turn 1/2 R step LF back sweep RF back (3.00)

[18-25] Rock back, recover, 3/4 L, side, cross, L basic, scissor step, ball, cross with sweep

2 & 3 Rock RF back, recover to LF, step RF fwd, spiral turn 3/4 L (6.00)
4 & Step LF to side, cross RF over LF
5 6 & Step LF to side (big step), step RF behind LF, cross LF over RF
7& Step RF to side, step LF next to RF
8 & 1 Cross RF over LF, step LF next to RF Cross RF over LF sweep LF

Restart here on wall 5

[26-32] Cross, 3/4 L, walk x3, back, 1/4 L lunge, 1/4 R, ball

2 3 Cross LF over RF, step RF to side and make 3/4 spiral turn L (9.00)
4 & 5 Step LF fwd, step RF fwd, step LF fwd hitch RF
6 7 Step RF back, turn 1/4 L rock LF to side (6.00)
8 & Recover to RF while turning 1/4 R (9.00), step LF next to RF

(Turning option: recover to RF while turning 1/4 R (9.00), step LF fwd and make a full spiral turn to R)

Contact: sprallemannen@gmail.com