

# Heart of Steel

**COPPER KNOB**  
STEPPERS

拍數: 40      牆數: 2      級數: Phrased Beginner / Improver  
編舞者: Mark Treacy (USA) - December 2021  
音樂: Heart of Steel (feat. Irma Thomas) - Galactic



#40 count intro

Sequence: A - B - Special - A - B - Tag (12 Times) - B - A

**Pattern A: 8 counts (REPEAT FOUR TIMES)**

**A[1-8] PRETTY GIRL, 1/2 TURN CHA CHA**

1-2-3-4      1) Side R; 2) Cross R over L; 3) Side L; 4) Cross L over R  
5-6-7&8      5) Side R; 6) Cross R over L; 7&8) Cha Cha 1/2 Turn L-R-L

**Pattern B: 32 counts**

**B[1-8] CHA CHA IN PLACE, WALK**

1&2-3&4 1&      2) Cha Cha in Place R-L-R; 3&4) Cha Cha in Place L-R-L  
5-6-7-8      5) Walk R; 6) Walk L; 7) Walk R; 8) Walk L

**B[9-16] CHA CHA BACK, STEP ROLL**

1&2-3&4 1&      2) Cha Cha back R-L-R; 3&4) Cha Cha back L-R-L  
5&6-7&8 5&      6) Step fwd R and Roll Hips; 7&8) Roll Hips

**B[17-24] CHA CHA IN PLACE, WALK**

1&2-3&4 1&      2) Cha Cha in Place R-L-R; 3&4) Cha Cha in Place L-R-L  
5-6-7-8      5) Walk R; 6) Walk L; 7) Walk R; 8) Walk L

**B[25-32] CHA CHA BACK, WALK BACK, ROCK EASY 1/2 TURN**

1&2-3&4 1&      2) Cha Cha back R-L-R; 3&4) Cha Cha back L-R-L  
5&6-7-8      5) Walk back R; 6) Walk back L; 7) Step back R; 8) Reverse 1/2 Turn

**Special (Giddy Up/Ride):**

**GIDDY UP/RIDE [6:00]**

1&2&3&4&      ) Ride Your Horse Giddy Up on R (R-L-R-L-R-L-R-L)  
1&2&3&4&  
5&6&7 8 5&6&      7) Ride Your Horse Giddy Up (R-L-R-L-R); 8) Hold

**Tag (Deep Down Inside) REPEAT 12 TIMES, Optional: Close Your Eyes\***

**\*Remember to Open Your Eyes**

**1/4 TURN CHA CHA IN PLACE, CHA CHA IN PLACE**

1&2-3&4      Turn 1/4 Right 1&2) Cha Cha in Place R-L-R; 3&4) Cha Cha in Place L-R-L