

# This Old Heart

**COPPER KNOB**  
STEPSHEETS

拍數: 32                      牆數: 2                      級數: High Beginner  
編舞者: Diana Bishop (AUS) - September 2022  
音樂: This Old Heart - Ronnie Dunn



## No Tags- No Restarts

### STEP R, L BEHIND, TURN ¼ R, TRIPLE STEP

1.2.3&4                      Step R To R, Step L Behind R, Turn ¼ To R, Step R,L,R On Spot

### L FWD, ½ PIVOT TURN R, TRIPLE STEP

5.6.7&8                      Step L Fwd, Turn ½ R, Step L,R,L On Spot,

### STEP R, L BEHIND, STEP R, & L, OVER R, HOLD

1.2.&3.4                      Step R To R, Step L Behind R, & Step R To R, Step L Over R, Hold

### STEP R, RECOVER ON L, CROSS SHUFFLE TO L ON R,L,R

5.6.7.8                      Rock To R, On To R, Step L To L, Cross Shuffle To L On R,L,R

### STEP L TO L, HIP BUMPS X 4 TO L

1-4                      Step L To L Side, Hip Bump L Hip To L (L,L,L,L,) Leaning To L Arms To Sides Or Over Head  
Clasped At Top Of Head

5&6&7&8                      Step R Behind Left & Step L To L & Step R Over L, & Step L & Step R Behind L, & Step L To  
L, Tap R Next To L

### MONTEREY TURN ½ R

1-4                      Point R To R Side, Turn ½ To R, Pivot On Toes Of L, As You Turn, Bring R Next To L,  
Change Full Weight Onto R, Point L Out To L, Bring L Next To R To Tap L Next To R

### 3 X TOE TAPPING PADDLES TURNING ¼ TO R, STEP L NEXT TO R FULL WIEIGHT ONTO L

5&6&7&8                      3 X Toe Taps , Fwd With L Toes , Turning ¼ To R Weight On R Toe In The Turn, Bring L  
Next To R, Full Weight, To Start Again