

# Iron Heart

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Ellen Fyrand (NOR) - November 2022  
音樂: Iron Heart - BEN & TAN



Only 2 counts Intro!

**\*\*\*3 Tags, 2 Restarts (easy)**

**[1-8] Shuffle R-L-R-L-R-L-R, L Cross in front, 1/4 L x2, Step R fw**

1-4            On R diagonal Step R (1) L (&) R (2) L (&) R (3) L (&) R (4) [01:30]  
5-8            Cross L in front (5), 1/4 turn L while stepping back on R (6), 1/4 turn L while stepping fw on L (7), step fw on R (8) [06:00]

**\*Tag and Restart – Wall 3 & Wall 6**

**[9-16] Shuffle L-R-L-R-L-R-L, R Cross in front, 1/4 Turn R x2, Step L fw**

1-4            On L diagonal Step L (1) R (&) L (2) R (&) L (3) R (&) L (4) [04:30]  
5-8            Cross R in front (5), 1/4 Turn R while stepping bak on L (6), 1/4 Turn R while stepping fw on R (7), Step fw on L (8) [12:00]

**[17-24] Side , Behind , Side , Touch Heel, Ball, Cross, Side, Behind, Side, Touch Heel, Ball, Cross**

1-4            Step R to R (1), Cross L behind (2), Step R to R (&), Touch L Heel slightly to L (3), Ball step L (&), Cross R in front (4)  
5-8            Step L to L (5), Cross R behind (6), Step L to L (&), Touch R Heel slightly to R (7), Ball step R (&), Cross L in front (8)

**[25-32] Monterey 1/4 Turn R x2**

1-4            Point R to R (1), 1/4 Turn R and Close R to L (2), Point L to L (3), Close L to R (4) [03:00]  
5-8            Repeat steps 1-4 [06:00]

**\*Restarts with a Tag ON wall 3 (facing 06:00) and 6 (facing 12:00)**

1-8            Dance the First 8 Counts  
9-12          Add a Jazzbox, starting with L, Touch R next to L on count 4, and start again

**Tag: After Wall 4, 4 counts (facing 12:00)**

1-4            Do a Jazzbox, starting with R

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