

Lionheart

COPPER KNOB
BYEFOREMETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2022
音樂: Lionheart (Fearless) - Joel Corry & Tom Grennan



Start after 48 count intro – approx. 22secs – song: 3mins 07 secs – 126bpm

Music Available: Amazon

[1-8] R side, L behind/R side/L cross, R side, L heel ball touch, step R back, L heel ball cross

1-2&3 Step R side, cross step L behind R, step R side, cross step L over R
4 Step R side
5&6& Touch L heel forward, step L together, touch R together, step R slightly back
7&8 Touch L heel forward, step L back, cross step R over L

[9-16] ½ R hinge cross, ½ L hinge cross (“washing machine”), L side rock/recover

1-3 Turning ¼ right step L back, turning ¼ right step R side (6 o'clock), cross step L over R
4-6 Turning ¼ left step R back, turning ¼ left step L side (12 o'clock), cross step R over L

WALL 5 TAG RESTART: Dance first 14 counts, then add 2 count tag: step L side, touch R together and start the dance again facing front wall

7-8 Rock L side, recover weight on R

[17-24] L sailor, R sailor, touch L toes back, reverse pivot ½ L, walk forward R/L

1&2 Cross step L behind R, step R side, step L side
3&4 Cross step R behind L, step L side, step R side
5-8 Touch L toes back, turning ½ left step down on L, step R forward, step L forward (6 o'clock)

Optional full left turn forward on counts 23-24 as you step R/L

[25-32] R forward, ½ L turn bouncing on both heels, L hitch, L coaster step, walk forward R/L

1-4 Step R forward, bounce twice on both heels as you turn ½ left (weight ends on R), hitch L knee up (12 o'clock)
5&6 Step L back, step R together, step L forward
7-8 Step R forward, step L forward

[33-40] R side, hold, L together, R side, hold, L together, R side rock/recover, R behind, ¼ L, L forward, R forward

1-2& Step R side, hold, step L together
3-4& Step R side, hold, step L together
5-6 Rock R side, recover weight on L
7&8 Cross step R behind L, turning ¼ left step L forward, step R forward (9 o'clock)

[41-48] L forward rock/recover, L coaster step, R forward, ¼ L pivot turn, R cross shuffle

1-2 Rock L forward, recover weight on R
3&4 Step L back, step R together, step L forward
5-6 Step R forward, pivot ¼ left (6 o'clock)
7&8 Cross step R over L, step L side, cross step R over L

[49-56] L side rock/recover, ¼ L toaster step *, walk forward R/L, step R/L apart, step R/L forward, together

1-2 Rock L side, recover weight on R
3&4 Turning ¼ left step L back, step R together, step L forward (3 o'clock)
5-6 Step R forward, step L forward
&7 Step R apart, step L apart,
&8 Step R forward, step L together

[57-64] R side rock/recover, R together, L side rock/recover, L together, ¼ R Monterey cross

1-2& Rock R side, recover weight on L, step R together
3-4& Rock L side, recover weight on R, step L together
5-6 Point R side, turning ¼ right step R together (6 o'clock)
7-8 Point L side, cross step L over R

ENDING: Wall 6 dance up to count 63: L side point, cross L over R and unwind ½ R to bring yourself to front wall

***Turning coaster step**

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