

Heart Like a Hurricane

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Improver
編舞者: Cassie Jones (USA) - January 2023
音樂: Head Over Heels - JD McPherson : (Album: Let The Good Times Roll)



Intro: 32 counts, upon vocals at :14 seconds – no tags or restarts, but lots of attitude

[1-8] SKATE R-L-R-L, OUT-OUT, IN-IN, POINT L DIAGONAL, SIT R, HOOK L, ¼ TURN L

1,2 Skate forward R to R diagonal (1), skate forward L to L diagonal (2),
3,4 (Repeat 1,2),
&5 Step R out to R side (&), step L out to L side (5),
&6 Step R back to center (&), close L to R (6),
7 Shift weight R and point L forward to L diagonal (7),
8& Sit into R hip knees bent weight R (8), hook L knee over R knee* as you turn ¼ L (&) (9:00).

***Styling option: add a head flick over R shoulder with L hook on count &.**

[9-16] FORWARD LOCK, R FLICK, BACK LOCK, L HOOK, ¼ TURN L, REPEAT

1&2& Step L forward, step R behind L, step L forward, flick R behind L,
3&4& Step R back, step L back across R, step R back, hook L over R knee with a ¼ turn L (6:00),
5&6& Step L forward, step R behind L, step L forward, flick R behind L,
7&8& Step R back, step L back across R, step R back, hook L over R knee with a ¼ turn L (3:00).

[17-24] 45 L, HOOK, 45, FLICK, RUN x3, TOUCH R, 45 R, HOOK, 45, FLICK, CLOSE, STEP x3

1&2& With weight R touch L heel to L diagonal (1), hitch L across R (&), touch L heel to L diagonal
(2), flick L heel back (&),
3&4& Run forward L-R-L (3&4), touch R to L instep (&),
5&6& With weight L touch R heel to R diagonal (5), hitch R across L (&), touch R heel to R diagonal
(6), flick R heel back (&),
7&8& Close R to L (7), step in place L-R-L (&8&) (weight ends evenly split).

[25-32] FORWARD BODY ROLL, HEEL SPLIT, RAMBLE R, MONTEREY ¼ TURNS x2

1,2& Stretch upper body forward and up then sink back to center (1), keeping toes together split
heels out (2), return heels to center (&),
3&4& Feet together: swivel heels R (3), toes R (&), heels R (4), toes R (&),
5&6& Shift weight to L and point R toe to R (5), ¼ turn R closing RF to L (&) (6:00), point L toe to L
(6), close L to R (&),
7&8& (Repeat 5&6&) (9:00).

[33-40] HEART SHAPE: RONDE R, SLIDE BACK R, RONDE L, SLIDE BACK L

1,2 Point R toe forward (1), trace slow arc clockwise (12:00 to 3:00) to L (2),
3,4 Slide R toe back (3), slide R to L and transfer weight R (4),
5,6 Point L toe forward (5), trace slow arc counterclockwise (12:00 to 9:00) to R (6),
7,8 Slide L toe back (7), slide L to R and transfer weight L (8).

ENDING WALL 5: Dance to count 22 but modify steps in place (23&24&) with: step R-L-R-L counter-clockwise to 12:00, then sit R with a fabulous pose.

REPEAT WITH ATTITUDE

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