

Burning In My Heart

COPPER **KNOB**
STEPSHEETS

拍數: 64 牆數: 1 級數: Beginner
編舞者: Wenarika Josephine (INA) - January 2023
音樂: I Can't Help Myself - Four Tops



Intro : 24 counts // 1 RESTART (wall 4 after 24 counts)

Sect 1 : SIDE CHASSE, BACK ROCK, TOE STRUTS

1 & 2 Chasse to right on R-L-R
3 – 4 L rock back – recover on R
5 – 6 L toe touch to side – step on L
7 – 8 R toe touch over L – step on R

***Count 5 – 8 angle body to 10.30**

Sect 2 : SIDE CHASSE, BACK ROCK, TOE STRUTS

1 & 2 Chasse to left L-R-L
3 – 4 R rock back – recover on L
5 – 6 R toe touch to side – step on R
7 – 8 L toe touch over R – step on L

***Count 5 – 8 angle body to 1.30**

Sect 3 : STEP , TOUCH with ¼ TURN RIGHT (X4)

1 – 2 ¼ right step R forward – touch L (3.00)
3 – 4 ¼ right step L to side – touch R (6.00)
5 – 6 ¼ right step R forward – touch L (9.00)
7 – 8 ¼ right step L to side – touch R (12.00)

***For easy option without turns , do side step and touch R-L-R-L
(Restart here on wall 4)**

Sect 4 : V-STEP , OUT OUT HOLD , IN IN HOLD

1 – 4 R diag forward – L to side – R back to centre – L beside R
&5 – 6 R out to side – L out to side – hold
&7 – 8 R in to centre – L beside R – hold

Sect 5 : FWD, TOUCH BEHIND, BACK, KICK, BACK BOOGIE WALK

1 – 4 R forward – L touch behind R – L back – R kick forward
5 – 6 R back L toe out – L back R toe out
7 – 8 R Back L toe out – L back R toe out

Sect 6 : BACK ROCK, SIDE CHASSE

1 – 2 R rock back – recover on L
3 & 4 Chasse to right on R-L-R
5 – 6 L rock back – recover on R
7 & 8 Chasse to left on L-R-L

Sect 7 : CROSS , SIDE POINT , JAZZ BOX

1 – 4 Cross R over L – touch L to side – cross L over R – touch R to side
5 – 8 Cross R over L – L back – R to side – L forward

Sect 8 : K-STEP

1 – 4 R diag fwd – touch L beside R – L diag back – touch R beside L
5 – 8 R diag back – touch L beside R – L diag fwd – touch R beside L

Contact email : wenarikajosephine@gmail
