

# Hand on Heart

**COPPER** KNOB  
BYEFOOTETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Guillaume Richard (FR) & Debbie Rushton (UK) - February 2023  
音樂: Whistle - Jax Jones & Calum Scott



Count In: After 16 counts (on lyrics)

## DOROTHY STEP, CROSS ROCK RECOVER, FULL TURN L, SIDE TOUCH BEHIND

1 2&      Step R to R diagonal, Lock L behind R, Step R to R diagonal  
3 4      Cross rock L over R, Recover back onto R  
5 6      Make ¼ turn L stepping L forward, Make ½ turn L stepping R back  
7 8      Make ¼ turn L stepping L to L side, Touch R behind L (look over L shoulder)

## OUT OUT, FULL TURN R, SIDE HOLD & SIDE FLICK

1 2      Step R out to R side (pushing R hip out), step L out to L side (pushing L hip out)  
3 4      Make ¼ turn R stepping R forward, Make ½ turn R stepping L back  
5 6      Make ¼ turn R taking big step to R side, Hold count 6  
&7 8      Step L beside R, Step R to R side, Step L beside R and flick R foot up to R side

## CROSS, SIDE, BACK TOUCH, L SHUFFLE SWEEP, CROSS ¼ TURN SIDE

1 2      Cross R over L, Step L to L side  
&3      Rock R behind L (angle body to R diagonal – 1 o'clock), Touch L toe in place  
4&5      L shuffle forward to diagonal (1 o'clock), sweeping the R around on count 5  
6 7 8      Cross R over L squaring up to 3 o'clock wall, Make ¼ turn R stepping L back, Step R to R side

## STEP ¼ TURN, WALK BACK x2, BACK ROCK RECOVER, STEP ½ TURN

1 2      Step L forward (Push R hand forward, palm facing forward), Keeping feet in place, pivot ¼ turn R keeping weight on L (arm stays up)  
3 4      Walk back R (place R hand on your heart), Walk back L (place L hand on top of R hand)  
5 6      Rock back on R (bring both arms down), Recover forward onto L  
7 8      Step R forward, Pivot ½ turn L taking weight on L

NO TAGS, NO RESTARTS, ENJOY!! ☐

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