

# My Heart is Cold

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Susan Reynolds (USA) - March 2023  
音樂: Cold Heart (PNAU Remix) - Elton John & Dua Lipa



## No Tags or Restarts

Intro: 32 counts

### WALK, WALK, SHUFFLE, ROCK RECOVER, SHUFFLE ½ TURN LEFT

1-4      Walk R forward, Walk L forward, Shuffle forward RLR  
5-8      Rock L forward, Recover on R, Shuffle ½ turn to L, (LRL)

### SIDE ROCK, RECOVER, CROSS & CROSS, SIDE ROCK, RECOVER, COASTER

1-4      Rock R to side, Recover on L, Cross R over L, Step L in place, Step on R still crossed  
5-8      Rock L to side, Recover on R, Step L back, Step R beside L, Step L forward

### FORWARD ROCK, RECOVER, STEP ½ TURN RIGHT, FORWARD LEFT, ¼ TURN RIGHT, CROSS, SHUFFLE

1-3      Step R forward, Recover on L Step R as ½ turn to R  
4-6      Step L forward, Step R as ¼ turn to R, Cross L over R  
7&8      Shuffle to R side, (RLR)

### LINDY LEFT, ROCKING CHAIR

1-4      Step L to L, Step R together, Step L to L, Rock back on ball of R, Recover on L  
5-8      Step R forward, Step L in place, Step R back, Step L in place

---