

The Heart of It

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Ed Evangelista (USA) - October 2023
音樂: Heart of It - Dustin Bird



#16 count intro

*Tag/restart on wall 2 after 12 counts

STEP, SWEEP, STEP, SWEEP, JAZZ BOX ¼ RIGHT CROSS

1 2 3 4 Step forward on R, sweep L over R, step forward on L, sweep R over L
5 6 7 8 Cross R over L, step back on L, turn ¼ right, stepping R side right, cross L over R 3:00

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

1 2 3&4 Rock R side right, recover to L, shuffle forward RLR

*TAG/RESTART HAPPENS HERE ON WALL 2

5 6 7&8 Step forward on L, turn ¼ right, weight to R, cross shuffle LRL 6:00

SWAY, TOUCH, SWAY, TOUCH, SIDE ROCK, RECOVER, BACK ROCK, RECOVER

1 2 3 4 Sway right, touch L next to R, sway left, touch R next to L
5 6 7 8 Rock R side right, recover to L, rock back on R, recover to L

ROCK, RECOVER, TURN ½ RIGHT, SHUFFLE, HEEL GRIND ¼ LEFT, COASTER STEP

1 2 3 4 Rock forward on R, recover to L, turn ½ right, shuffling RLR
5 6 7 8 Grind left heel, turn ¼ left, stepping on R, step back on L, step R next to L, step forward on L 9:00

***ON WALL 2, INSTEAD OF TURNING ON COUNT 13, DO THE 4 COUNT TAG & RESTART THE DANCE FACING 12:00**

4 COUNT TAG: ROCK, RECOVER, COASTER STEP
1 2 3&4 Rock forward on L, recover to R, step back on L, step R next to L, step forward on L

END OPTION: AT THE END OF THE SONG, YOU WILL START THE DANCE FACING 12:00, THEN DO THE ¼ TURN JAZZ BOX, BUT AFTER THE NEXT 4 COUNTS, DO A ROCK, RECOVER, ¼ LEFT SAILOR TO RETURN TO FACING 12:00.

ENJOY!!

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