

My Heart Will Come Home

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: High Beginner
編舞者: Foo Sally (MY) - January 2024
音樂: My Heart Will Come Home - Ling Kai



**AFTER 16 COUNTS. (Approximate 0.8 sec) BEGIN DANCE AT VOCAL . NO TAG , NO RESTART.
DANCE SEQUENCE : A A,,B ,A, A, B, ENDING WITH A POSE.**

A SEC 1 : RF ROCK BACK, LF RECOVER , RF SHUFFLE FORWARD , LF HITCH & CROSS SHUFFLE TO (1 - 8) RIGHT, RF HITCH AND CROSS SHUFFLE TO LEFT.

1 & 2 & 3 RF rock back(1),LF recover(&),RF step forward(2) ,LF step behind RF(&), RF step forward(3).
4, 5 & 6 LF hitch, cross over RF and step to right, RF step behind LF, LF step forward
7 & 8 RF hitch cross over LF and step to the left side, LF step behind RF, RF step forward

A SEC 2 : LF ROCK AND POINT TO LEFT , LF SWEEP OVER RF TOUCH IN FRONT OF RF, (9- 16) SIDE SHUFFLE , RF ROCK TO RIGHT SIDE , WEAVE, RF & LF PIVOT ½ TURN TO NEXT WALL ,

1&2,&3 LF step / point to left side, LF sweep and cross over RF,LF touch, LF step to R,RF step behind LF, LF step forward
4 &5,6,7 RF rock to right , LF step in place, RF step back behind LF, LF step beside RF, RF cross over LF.
8 RF & LF pivot ½ turn to back wall.

A SEC 3 : RF STEP OUT TO RIGHT, LF STEP OUT TO LEFT, HIP SWAY TO RIGHT,HIP SWAY TO LEFT , (17 -24) RF STEP IN PLACE, LF TOUCH BESIDE RF, LF STEP TO LEFT, RF STEP BESIDE LF. RF DRAW A CIRCLE AND TOUCH BESIDE LF.

1 - 2 RF step to the right (1), LF step to the left(2)
3 - 4 Hip sway to right(3), Hip sway to left (4)
5&, 6& RF step in place(5), LF touch beside RF(&), LF step to Lef(6)t, RF touch beside LF (&)
7 - 8 RF draw a circle and touch beside LF

B (DANCE B SECTION 1 X 3 WALL)

B SEC 1 : RF SAILOR ¼ TURN RIGHT , LF STEP IN FRONT OF RF, RF FORWARD SHUFFLE , (1-8) LF STEP FORWARD IN FRONT OF RF , LF BACK SHUFFLE

1,2, 3&4 1/4 turn right RF step back(1) , LF step in front of RF(2), RF step Forward(3) LF step behind RF,(&) Rf step forward.(4)
5- 6,7&8 LF rock forward (5),RF recover (6), LF step back,(7) RF step in front of LF(&), LF step back(8)

B SEC 2 : RF SAILOR ¼ TURN RIGHT.LF STEP IN FRONT OF RF, RF, LF WALK FORWARD, (9- 16) RF STEP OUT TO RIGHT, ,LF STEP OUT TO LEFT, , HIP ROLL FROM RIGHT ,BACK TO LEFT & FRONT, (RIGHT HAND ,LEFT HAND FINGERS MEET IN MIDDLE OF WAIST ROLL IN,OUT, CROSS AND HUG SHOULDER.)

1&2&,3- 4 RF ¼ turn Right and rock back(1) LF step in front of RF(&), RF walk forward(2), LF walk forward(&), RF step to right(3), LF step to left(4)
5 - 8 Hip roll from right(5) ,to back(6) ,to left(7) ,to front(8).

B SEC 3 : RF RECOVER IN PLACE , LF SAILOR, LF RECOVER, RF SAILOR , RF RECOVER, (17-24) (¼ TURN R ,RF ,LF STEP TOGETHER X 4 TIME), (OPTIONAL HAND MOVEMENT- HANDS RAISE ABOVE HEAD, CROSS AND TURN PALM)

1-2,3-4& RF step in place(1), cross LF behind RF(2), LF recover(3),step RF behind LF(4), RF recover(&).

5&6&7&8 ¼ turn right step RF to right(5),step LF next to RF(&), ¼ turn right step RF to right(6), step LF next to RF(&) ¼ turn right step RF to right(7),step LF next to RF(&), ¼ turn right step RF to right(8), step LF next to RF(&),

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HAPPY DANCING

Last Update: 11 Jan 2024
