

Cross My Heart

COPPER KNOB
BY STEPHEN HETS

拍數: 48 牆數: 4 級數: Easy Improver
編舞者: Karl-Harry Winson (UK) - February 2024
音樂: Don't Be Cruel - Marty Stuart
或: Don't Be Cruel - Elvis Presley



Intro: 16 CountsMusic available from Amazon.co.uk or iTunes
Alternative track: "Don't Be Cruel" by Elvis Presley. (BPM: 84.7)

Right Toe Strut. Left Toe Strut. Right Rocking Chair.

1 – 2 Step forward on ball of Right. Drop heel to the floor.
3 – 4 Step forward on ball of Left. Drop heel to the floor.
5 – 8 Rock Right forward. Recover weight on Left. Rock Right back. Recover weight on Left.

Right Toe Strut. Left Toe Strut. Right Rocking Chair.

1 – 2 Step forward on ball of Right. Drop heel to the floor.
3 – 4 Step forward on ball of Left. Drop heel to the floor.
5 – 8 Rock Right forward. Recover weight on Left. Rock Right back. Recover weight on Left.

1/4 Turn Left. Right Reverse Rhumba Box.

1 – 2 Turn 1/4 Left stepping Right to Right side. Close Left beside Right.
3 – 4 Step Right back. Hold.
5 – 6 Step Left to Left side. Close Right beside Left.
7 – 8 Step Left forward. Hold.

***Restart Here on Walls 3 (3.00), 5 (9.00) & 7 (3.00)**

Forward Rock. Back-Kick X2. Back Rock.

1 – 2 Rock Right forward. Recover weight on Left.
3 – 4 Step back on Right. Kick Left foot forward.
5 – 6 Step Left back. Kick Right foot forward.
7 – 8 Rock Right back. Recover weight on Left.

Forward-Together. Heel Twist Right. Forward-Together. Heel Twist Left.

1 – 2 Step Right to Right diagonal. Close Left beside Right.
3 – 4 With weight on the balls of both feet, twist both heels Right. Twist both heels to the center.
5 – 6 Step Left to Left diagonal. Close Right beside Left.
7 – 8 With weight on the balls of both feet, twist both heels Left. Twist both heels to the center.

Back Touches X4 (with claps)

1 – 2 Step Right back on Right diagonal. Touch Left beside Right/Clap hands.
3 – 4 Step Left back on Left diagonal. Touch Right beside Left/Clap hands.
5 – 6 Step Right back on Right diagonal. Touch Left beside Right/Clap hands.
7 – 8 Step Left back on Left diagonal. Touch Right beside Left/Clap hands.

Start Again!

***Restarts: To keep the dance in phrase, I have added in 3 restarts which happen in the same place of the dance.**

Dance 24 Counts of Walls 3, 5, and 7 then restart the dance from the beginning.

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