

Listen To Your Heart

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate - Rumba
編舞者: Yo Herry P (INA) - July 2024
音樂: Listen to Your Heart (Rumba) - Hantos Djay



Intro: Intro : 32 Count
**2 TAG - 2 RESTART

SEC 1: SIDE, BACK ROCK, RECOVER, FORWARD, HOLD, TURN ½ LEFT, BACK ROCK, RECOVER, FORWARD

1-4 Step L to side (1), Rock R back (2), Recover on L (3), Step R forward (4)
5&6 Hold (5), Make ½ left turn (&), Rock L back (6)
7-8 Recover on R (7), Step L forward (8)

SEC 2: HOLD, TURN ½ RIGHT, BACK, TURN ½ LEFT, FORWARD, TURN ¼ LEFT, TURN ½ LEFT, SIDE, HOLD, BESIDE TOUCH, LIFT, FORWARD KICK, TOGETHER

1&2& Hold (1), Make ½ right turn (&), Step R back (2) Make ½ left turn (&)
3&4 Step L forward (3), Make ¼ left turn step R beside L (&), Make ½ left turn step L to side (4)
5-6& Hold (5), Touch R beside L (6) Lift R knee up (&)
7-8 Kick R forward (7), Step R next to L (8)

SEC 3: HOLD, FORWARD, ¼ RIGHT FORWARD, ¼ RIGHT FORWARD, HOLD, SIDE, DIAGONAL ROCK, RECOVER

1-4 Hold (1), Step L forward (2), Make ¼ right turn step R forward (3), Make ¼ right turn step L forward (4)
5-8 Hold (5), Step R to side (6), Rock L forward diagonally right (7), Recover on R (8)

SEC 4: SIDE, FORWARD DIAGONAL, HOLD, FORWARD DIAGONAL, HOLD, TWIST, TURN ½ LEFT, BESIDE

1-4 Step L to side (1), Step R forward diagonally left (2), Hold (3), Step L forward diagonally right (4)
5-6& Hold (5), Step R beside L&heel twist right (6), Heel twist left (&)
7-8 Make ½ left turn while sweeping R from back to front (7), Step R beside L (8)

Enjoy the dance

Tag : (4 count) After Wall 2 & 4

Restart during Wall 3 after 16 count

Restart during Wall 6 after 24 count

For more questions about this dance and music please contact me at: yodancesport@gmail.com