

# Heart of Me

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 2  
編舞者: Robin Sin (SG) - November 2024  
音樂: Heart Of Me - Ryland James

級數: Intermediate - Rolling 8 count



**INTRO: 6 counts intro, dance starts on lyrics 'hear'**  
**RESTARTS on Wall 2 and Wall 4**  
**TAG after wall 5**

## **FWD STEP HITCH, ROCK BACK, RECOVER SWEEP ¼ TURN, TWINKLE ½ TURN CROSS, RECOVER, CROSS, SIDE DRAG, DIAGONAL RUN BACK BACK, SIDE ROCK, STEP SIDE**

1-2-3      Step R fwd while hitching L, Rock back on L, recover on R while sweeping L making a ¼ turn right 3.00  
4&a5      Cross L over R, ¼ turn left step R back, ¼ turn left step L to side, Cross R over L 9.00  
6&a7      Recover L, Step R to side, Cross L over R, Step R a large step to the side, drag L towards R 9.00  
8&a1      1/8 turn left step L back, step R back, 1/8 turn left, Push L to side\*\*, step a big step R to side 6.00

**\*\*RESTART AFTER 8&a ON WALL 2**

## **BACK ROCK RECOVER, FWD FULL TURN ROCK FWD, FULL TURN BACK, SWEEP, SAILOR STEPS**

2-3      Rock back on L, recover on R 6.00  
4&a5      Step fwd on L, ½ turn left step R back, ½ turn left step fwd on L, Rock fwd on R 6.00  
6a7      Recover on L, ½ turn right step fwd on R, ½ turn right step back on L while sweeping R front to back 6.00  
8&a      Step R behind L\*\*\*, step L to side, 1/8 turn right step fwd on R while sweeping L 7.30

**\*\*\*RESTART HERE ON WALL 4, SEE DESCRIPTION BELOW**

## **¼ DIAMOND, STEP SWEEP FWD x 2, CROSS BACK BACK, CROSS BACK ½ TURN, PIVOT ½ TURN**

1&a      Cross L over R, 1/8 turn left Step R to side, 1/8 turn left step L back 4.30  
2&a      Step R back, 1/8 turn left step L to side, step fwd on R 3.00  
3-4      Step fwd on L while sweeping R, step fwd on R while sweeping L 3.00  
5&a      Cross L over R, Step R diagonally right back, Step L diagonally left back 3.00  
6&a      Cross R over L, Step L back, ½ turn right step fwd on R 9.00  
7-8      Step fwd on L, Pivot ½ turn right on R 3.00

## **BALL, ROCK FWD, RECOVER, ½ TURN, ROCK FWD, RECOVER, ¼ TURN, SIDE, STEP FWD DRAG, ½ TURN STEP DRAG, ½ TURN STEP DRAG, FWD FULL TURN**

a1-2      Step L beside R, Rock fwd on R, Recover on L 3.00  
a3-4      ½ turn right step fwd on R, Rock fwd on L, Recover on R 9.00  
a5      ¼ turn left step L to side, Step R fwd drag L towards R 6.00  
6-7      ½ turn left step L fwd drag R towards L, ½ turn left step R back drag L towards R 6.00  
8&a      Step fwd on L, ½ turn left step R back, ½ turn left step fwd on L 6.00

**START AGAIN!**

**RESTART on Wall 2 after 8&a 12.00**  
**RESTART on Wall 4 after 16 counts but change counts to:**

8a      Step R behind L, step L side 12.00

**TAG after wall 5**

1      Step R fwd while hitching L 6.00  
2a3      Step back on L, ½ turn right step fwd on R, Step fwd on L while hitching R 12.00

4a

Step R back, close L beside R 12.00

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