

Send a Sign to My Heart

COPPERKNOB
BY SHEETS

拍數: 40 牆數: 2 級數: High Intermediate
編舞者: Maria Tao (USA) - January 2025
音樂: Send a Sign to My Heart - Chris Norman & Lory Bonnie Bianco



Intro: 8 counts; 2 Restarts on WALL 3 & WALL 7

[S1] SIDE, BACK ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS, SIDE, CROSS ROCK, RECOVER, 1/2 TURN R, 1/4 TURN R BEHIND, SIDE, FWD ROCK

1 Step L to L
2&3& Rock R back, recover onto L, rock R to R, recover onto L
4&5 Cross R over L, step L to L, cross rock R over L
6&7 Recover onto L, 1/4 turn R stepping R forward, 1/4 turn R stepping L to L [6:00]
8&1 1/4 turn R crossing step R behind L, step L to L, rock R forward [9:00]

[S2] RECOVER, 1/2 TURN R, STEP FWD, FULL SPIRAL TURN R, FWD SHUFFLE, 3/4 TURN L, STEP FWD, TOUCH-BALL-CROSS

2&3& Recover onto L, 1/2 turn R stepping R forward, step L forward, full spiral turn R
4&5 Step R forward, step L next to R, step R forward lifting L heel [3:00]
6&7 1/2 turn L stepping L down, 1/4 turn L stepping R next to L, step L forward [6:00]
8&1 Cross touch R toe over L, step ball of R back, cross L over R

[S3] SWIVEL 1/2 R, SWIVEL 1/2 L, BACK ROCK, RECOVER, SIDE, 1/4 DIAMOND TURN R, STEP FWD, 1/2 TURN L, 1/4 TURN L

2-3 Swivel 1/2 turn R (weight on L), swivel 1/2 turn L (weight on R)
4& Cross rock L back, recover onto R
***** Restart here on WALL 3 & 7 (both times facing 6:00) *****
5 Step L to L
6&7 1/8 turn R stepping R back, step L back, 1/8 turn R stepping R to R [9:00]
8&1 Step L forward, 1/2 turn L stepping R back, 1/4 turn L stepping L to L [12:00]

[S4] CROSS ROCK, RECOVER, SIDE, BACK ROCK, RECOVER, 1/4 TURN R, BACK ROCK, RECOVER, 1/2 TURN L, 1/2 TURN L BEHIND, SIDE, FWD ROCK

2&3 Cross rock R over L, recover onto R, step R to R
4&5 Rock L back, recover onto R, 1/4 turn R stepping L back [3:00]
6&7 Rock R back, recover onto L, 1/2 turn L stepping R back sweeping L around
8&1 1/2 turn L crossing step L behind R, step R to R (slightly back), rock L forward

[S5] RECOVER, SIDE, TOUCH, HITCH, BACK LOCK STEP, 1/2 TURN L, HITCH, 1/4 TURN L FWD ROCK, RECOVER, STEP TOG

2&3& Recover onto R, step L beside R, touch R next to L, hitch R slightly
4&5 Step R back, step L across R, step R back
6&7 1/2 turn L stepping L forward, hitch R knee, 1/4 turn L rocking R forward [6:00]
8& Recover onto L, step R beside L

START AGAIN!

RESTARTS: On WALL 3 and WALL 7 - dance up to count 20 - then restart the dance (facing 6:00)