

My True Heart

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Improver +
編舞者: Sandy Kerrigan (AUS) - January 2025
音樂: Don't Be Cruel - The Mavericks : (iTunes)



Dance Info: Dance starts wt on Left-Dance starts on lyrics.

BPM [133.01] Track Length 3:18

Walls 3 – 5 – 7 – There are 3 restarts at count 24 with a step change-6:00

Walk Fwd R, Fwd L, Anchor Step, Walk Back L, Back R, Back L Coaster Step 12:00

1 2 3 & 4 Walk Fwd R, Walk Fwd L, Lock R behind L, Slip L Back over R, Step Back on R
5 6 7 & 8 Walk Back L, Walk Back R, Step Back L, Step R next to L, Step Fwd L

Point R Side, Hold, Tog, Point L Side, Hold, Tog, Back Rock Step, R Shuffle Fwd 12:00

1 2 & Point R Toe to R Side, Hold, Step R next to L
3 4 & Point L Toe to L Side, Hold, Step L next to R
5 6 7 & 8 Rock Back on R, Replace to L, Step Fwd R, Step L next to R Step Fwd R

Fwd ¼ Pivot Turn R, Fwd ¼ Pivot Turn R, L Toe Heel Strut Fwd, R Toe Heel Strut Fwd 6:00

1 2 3 4 Step Fwd L, ¼ Pivot Turn R, Step Fwd L, ¼ Pivot Turn R
5 6 7 8 L Toes Fwd, Drop onto L Heel, R Toes Fwd, Drop onto R Heel

Restarts: 3-5-7 - Facing 6:00 Wall-After the L Strut, Tap R next to L, Hold & restart 6:00

Fwd Rock Step, L Shuffle Back, Back Rock Step, Skate R Fwd, Skate L Fwd 6:00

1 2 3 & 4 Rock Fwd L, Replace Back to R, Step Back L, Step R next to L, Step Back L
5 6 7 8 Rock Back R, Replace Fwd to L, Skate R Fwd, Skate L Fwd

Fwd Rock Step, R Shuffle Back, ¼ Turning Side Rock Step, Behind, Side, Cross 3:00

1 2 3 & 4 Rock Fwd R, Replace Back to L, Step Back R, Step L next to R, Step Back R
5 6 Turing ¼ L-Rock L to L Side, Replace R to R Side
7 & 8 Step/Cross L behind R, Step R to R Side, Cross L over R

¼ R-Monterey Turn, Point Side Hold, Back Rock Step, L Shuffle Fwd 6:00

1 2 3 4 Point R to R Side, Turning ¼ R-Step R next to L, Point L to L Side, Hold
5 6 7 & 8 Rock Back on L, Replace Fwd to R, Step Fwd L, Step R next to L, Step Fwd L

[48]

Note: There are 3 restarts-all facing 6:00 wall-with a step change-noted above.