

A Tenderheart

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate - Slow Rumba
編舞者: Séverine Fillion (FR) - January 2025
音樂: Tenderheart - Sam Outlaw : (Album: Tenderheart)



****2 Restarts, 1 Break / Restart**

Intro : 32 counts

[1-8] SIDE, BACK MAMBO, TRIPLE ROCK FWD, BALL LARGE STEP BACK & SWEEP, BEHIND, SIDE

1 Large right step to the right
2&3 Rock slightly back on left, recover on right, left step fwd
4& Right fwd, left next to right
5-6 Rock step right fwd, recover on left
&7 Right back next to left, left step back (with right Sweep backwards)
8& Right cross behind left, left to left

[9-16] CROSS ROCK (R & L), & 1/4 TURN L & SIDE, ROCK BACK, SIDE, BEHIND, 1/4 TURN L

1-2 Cross Rock right over left, recover on left
& Right to right
3-4 Cross Rock left over right, recover on right
& Left to left
5-6& 1/4 turn left & large right step to right side, Rock back on left, recover on right 9 :00
7-8& Left to left, right cross behind left, 1/4 turn left stepping left fwd (&) 6 :00

**** Musical BREAK here**

[17-24] FWD, STEP 1/2 TURN R STEP, TRIPLE FULL TURN L, SIDE ROCK (with Sway)

1-4 Right step fwd, left fwd 1/2 turn right, left step fwd 12 :00
5&6 Triple step right – left – right fwd with full turn left
7-8 Rock left to left side & hip sway to the left, recover on right & hip sway to the right

[25-32] DIAMOND with 1/2 TURN LEFT, COASTER STEP

1&2 Left cross over right, right to right, left step back 1/8 turning left 10 :30
3&4 Right step back, 1/8 turn left setpping left to left, 1/8 turn left stepping right fwd 7 :30
5&6 Left step fwd, 1/8 turn left stepping right to right, left step back 6 :00
7&8 Right step back, left next to right, right fwd

[33-40] BALL ROCKING CHAIR, & 1/2 TURN L, BACK ROCK, & 1/2 TURN R, BACK ROCK

&1-4 Left next to right (&), Rock step right fwd, recover, Rock back on right, recover
&5-6 Turn 1/2 left stepping right back (&), Rock back on left, recover on right 12 :00
&7-8 Turn 1/2 right stepping left back (&), Rock back on right, recover on left 6 :00

**** RESTARTS here at 12 :00 on walls 2 and 4**

[41-48] DOROTHY STEPS (R & L), STEP 1/2 TURN L, PIVOT 1/2 TURN L & TOGETHER, BODY ROLL

1-2& Right step diagonally right fwd, left cross behind right, right diagonally right fwd
3-4& Left step diagonally left fwd, right cross behind left, left diagonally left fwd
5-6-7 Right step fwd, Turn 1/2 left, pivot 1/2 turn left stepping right next to left 6 :00
8 Body roll with knee bend (Freestyle !!)

BREAK : On wall 6 after 16 counts, musical break during 6 counts (at 12 :00), continue the dance without stopping with counts 17-22, then RESTART the dance on count 18 (Step 1/2 tour step)

ENJOY & HAVE FUN

