

By Heart

COPPER STEPSHEETS **KNOB**

拍數: 48 牆數: 2 級數: Phrased High Beginner
編舞者: Leigh Hamilton (USA) - April 2025
音樂: By Heart (The Montana Sessions) - Stephanie Quayle



Special Intro: Begin on count 9 with the K-Step on the lyric "drink" it black.

Sequence: AAAA B AAAA BB* AAAA (B* easy step change - see below)

PART A: 32 Counts

S1: R HEEL, TOGETHER, L HEEL, TOGETHER, R PUMP 2X, R BACK, L TOGETHER

1-4 Tap R heel forward (1), Step R together (2), Tap L heel forward (3), Step L together (4)
5-8 Pump R forward 2x (5, 6), Step R back (7), Step L together (8)

S2: K-STEP

1-4 Step R diagonal forward (1), Touch L next to R (2), Step L diagonal back (3), Touch R next to L (4)
5-8 Step R diagonal back (5), Touch L next to R (6), Step L diagonal forward (7), Touch R next to L (8)

S3: R/L SCISSOR STEP, HOLD

1-4 Step R to R side (1), Step L together (2), Cross R over L (3), Hold (4)
5-8 Step L to L side (5), Step R together (6), Cross L over R (7), Hold (8)

S4: R VINE with 1/4 RIGHT, SCUFF; 1/4 RIGHT TURN L VINE

1-4 Step R to R side (1), Cross L behind R (2), 1/4 R stepping R forward (3), Scuff L forward (4) [3:00]
5-8 1/4 R stepping L to L side (5), Cross R behind L (6), Step L to L side (7), Touch R next to L (8) [6:00]

PART B: 16 Counts (always danced at 12:00)

S1: R HIP BUMP HOLD, L HIP BUMP HOLD, R STEP TOUCH, L STEP TOUCH

1-4 Bump R hip forward (1), Hold (2), Bump L hip back (hands make heart symbol) (3), Hold (4)
5-8 Step R to R side (5), Touch L next to R (6), Step L to L side (7), Touch R next to L (8)

S2: ROCKING CHAIR, 1/2 PIVOT TURN 2X

1-4 Rock R forward (1), Recover on L (2), Rock R back (3), Recover on L (4)
5-8 Step R forward (5), Pivot 1/2 L (6); Step R forward (7), Pivot 1/2 L (8)

B*: Step change occurs in S1 on counts 1-4

Step Change (4 counts): Replace the Hip Bumps/Holds with Step Touch R/L

Ending: 4 Counts (facing 12:00)

1-4 Bump R hip forward (1), Hold (2), Bump L hip back with heart hands (3), Hold (4)

The awesome folks at Summerfield Farms (Summerfield, NC) asked me to choreograph a dance to this beautiful song by the talented Stephanie Quayle. She joined us at the venue barn for it's debut. What a thrill!

Contact Leigh: jleighhamilton@hotmail.com