

# My Heart

**COPPER** **NOB**  
BY STEPSHEETS

拍數: 56      牆數: 2      級數: Intermediate  
編舞者: Chantal Gagnon  
音樂: If My Heart Had Wings - Faith Hill



## STEP, STEP, POINT, STEP BACK, TRIPLE STEP ½ TURN LEFT, STEP RIGHT, LEFT

1-2      Step right foot forward, step left foot forward  
3-4      Touch right toe behind left foot, step right foot back  
5&6      Step left foot back in ¼ turn to left, right foot next to left, left foot next to right in ¼ turn to left  
7-8      Step right foot forward, step left foot forward

## POINT, STEP BACK, TRIPLE STEP ½ TURN LEFT, VINE RIGHT WITH KICKS LEFT

1-2      Touch right toe behind left foot, step right foot back  
3&4      Step left foot back in ¼ turn to left, right foot next to left, left foot next to right in ¼ turn to left  
5-6      Step right foot to right, cross left foot behind right  
&7-8      Step right foot to right, kick left foot twice in 45 degrees angle to left

## STEP, ½ MONTEREY TURN, VINE RIGHT WITH KICKS LEFT

&1      Step left foot next to right, point right toe to right  
2      ½ turn right pivoting on left stepping right next to left  
3-4      Point left toe to left, step left next to right  
5-6      Step right foot to right, cross left foot behind right  
&7-8      Step right foot to right, kick left foot twice in 45 degrees angle left

## ½ MONTEREY TURN, SHUFFLES FORWARD

&1      Step left foot next to right, point right toe to right  
2      ½ turn right pivoting on left stepping right next to left  
3-4      Point left toe to left, step left next to right  
5&6      Step right forward, step left next to right, step right forward  
7&8      Step left forward, step right next to left, step left forward

## SAILOR SHUFFLES, KICK BALL CHANGE TWICE

1&2      Step right behind left, step left to left, step right to right  
3&4      Step left behind right, step right to right, step left to left  
5&6      Kick right foot forward, step right next to left, step left in place  
7&8      Kick right foot forward, step right next to left, step left in place

## ROCK STEP FORWARD, ½ TURN RIGHT (STEP-STEP), SAILOR SHUFFLES

1-2      Rock forward onto right, recover weight on left  
3-4      ½ turn right pivoting on left stepping right next to left, left next to right  
5&6      Step right behind left, step left to left, step right to right  
7&8      Step left behind right, step right to right, step left to left

## KICK BALL CHANGE TWICE, ROCK STEP FORWARD, STEP, STEP

1&2      Kick right foot forward, step right next to left, step left in place  
3&4      Kick right foot forward, step right next to left, step left in place  
5-6      Rock forward onto right, recover weight on left  
7-8      Step right next to left, step left next to right

**REPEAT**

