

My Heart

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Sandie Fraser & Lorraine Fraser
音樂: My Heart Is Lost to You - Brooks & Dunn



ROCK FORWARD, BACK, RIGHT SHUFFLE BACK, ROCK BACK, FORWARD, LEFT SHUFFLE FORWARD

1-2 Rock forward on right, step back on left
3&4 Shuffle back on a right, left, right
5-6 Rock back on left, step forward on right
7&8 Shuffle forward on a left, right, left

RIGHT CROSS ROCK, RECOVER, RIGHT CHASSE

9-10 Cross rock right over left, recover on to left
11&12 Step right to right side, close left next to right, step right to right side

CROSS & UNWIND, FULL TURN RIGHT, LEFT CHASSE

13-14 Cross left over right, unwind full turn right
15&16 Step left to left side, close right next to left, step left to left side

CROSS & UNWIND, $\frac{3}{4}$ TURN LEFT, FORWARD RIGHT SHUFFLE

17-18 Cross right over left, unwind $\frac{3}{4}$ turn left
19&20 Step forward, right, left, right

ROCK FORWARD, RECOVER, LEFT COASTER STEP

21-22 Rock forward on left, recover weight back on right
23&24 Step back on left, step right next to left, step forward on left

RIGHT SIDE ROCK, RECOVER, TRIPLE STEP IN PLACE

25-26 Rock right to right side, recover weight on left
27&28 Triple step in place on a right, left, right

LEFT SIDE ROCK, RECOVER, TRIPLE $\frac{1}{2}$ TURN LEFT

29-30 Rock left to left side, recover weight on right
31&32 Triple step $\frac{1}{2}$ left, on a left, right, left

REPEAT

TAG

At the end of the 3rd wall and 6th wall

RIGHT SIDE ROCK, RECOVER, TRIPLE IN PLACE, LEFT SIDE ROCK, RECOVER, TRIPLE IN PLACE

1-2 Rock right to right side, recover weight on left
3-4 Triple step in place, on a right, left, right
5-6 Rock left to left side, recover weight on right
7-8 Triple step in place, on a left, right, left

ROCK FORWARD, ROCK BACK

9-10 Rock forward on right, recover weight back on left
11-12 Rock back on right, recover weight forward on left