

My Heart & Soul

COPPER KNOB
STEPSHEETS

拍數: 62 牆數: 1 級數: Intermediate/Advanced
編舞者: Steve Mason (UK)
音樂: You Can't Take It With You When You Go - Rhonda Vincent



In order to keep in phrase with the music, start the dance with:

1-2 Step left foot to left side, touch right foot next to left foot

FORWARD TOUCH, RONDE ½ TURN, STEP, ½ TRIPLE TURN, ROCK BACK, RECOVER, SHUFFLE

1-2 Touch right toes forward, sweep right foot out & around making ½ turn right stepping on to right foot

3&4 Continue turning right make ½ turn triple stepping left, right, left

5-6 Rock step back on right foot, recover weight to left foot

7&8 Step forward on right foot, close left foot to right foot, step forward on right foot

FORWARD TOUCH, RONDE ½ TURN, STEP, ½ TRIPLE TURN, ROCK BACK, RECOVER, WALK, WALK

9-10 Touch left toes forward, sweep left foot out & around making ½ turn left stepping on to left foot

11&12 Continue turning left make ½ turn triple stepping right, left, right

13-14 Rock step back on left foot, recover weight to right foot

15&16 Step forward on left foot, step forward on right foot

ROCK, RECOVER, ¾ TRIPLE TURN, SIDE, BEHIND, VAUDEVILLE STEP

17-18 Rock step forward on left foot, recover weight to right foot

19&20 Triple step left, right, left making ¾ turn left

21-22 Step right foot to right side, cross step left foot behind right foot

&23 Step right foot to right side, touch left heel to left diagonal

&24 Step left foot next to right foot, cross step right foot over left foot

¼ TURN, ¼ TURN, FORWARD SHUFFLE, ROCK, RECOVER, FULL TURN

25-26 Step back on left foot making ¼ turn right, step right to right side making ¼ turn right

27&28 Step forward on left foot, close right foot to left foot, step forward on left foot

29-30 Rock step forward on right foot, recover weight to left foot

31-32 Make a full turn back stepping right, left

Easier option

31-32 Walk back right left

½ TURNING SHUFFLE, CROSS, SIDE, SAILOR STEP, CROSS BEHIND, ½ UNWINDING TURN

33&34 Make ½ turn right stepping right, left, right

35-36 Cross step left foot over right foot, step right foot to right side

37&38 Cross step left foot behind right foot, step right foot to right side, step left foot to left side

39-40 Cross step right foot behind left foot, unwind ½ turn right

CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS TOUCH, SIDE TOUCH, ½ MONTEREY, SIDE TOUCH

41-42 Cross rock step left foot over right foot, recover weight to right foot

43&44 Step left foot to left side, step right foot beside left foot, step left foot to left side

45-46 Touch right foot over left foot, touch right foot to right side

47-48 Make ½ turn right on ball of left foot stepping right foot next to left foot, touch left foot to left side

CROSS ROCK, RECOVER, ¼ SHUFFLE, FORWARD, FORWARD ROCK, RECOVER, ½ TURN, FORWARD

- 49-50 Cross rock step left foot over right foot, recover weight to right foot,
51&52 Step left foot ¼ turn left, close right foot to left foot, step forward on left foot
53-54 Step forward on right foot, rock step forward on left foot
55-56 Recover weight to right foot, make ½ turn left stepping forward on left foot

FORWARD, ½ PIVOT TURN, FORWARD SHUFFLE, STEP SIDE, TOUCH

- 57-58 Step forward on right foot, pivot ½ turn left
59&60 Step forward on right foot, close left foot to right foot, step forward on right foot
61-62 Step left foot to left side, touch right foot beside left foot

REPEAT

FINISH

Dance up to count 18, replace counts 19&20 (¾ triple) with a full triple turn left, then take a long step to the right on the last beat

This dance is dedicated to Catherine Sykes
