

My Heart & Soul (P)

COPPER KNOB
BY STEPHEN MILES

拍數: 62 牆數: 0 級數: Partner
編舞者: Steve Mason (UK) & Catherine Sykes
音樂: You Can't Take It With You When You Go - Rhonda Vincent



Position: Right Side By Side (Sweetheart) both facing same direction, forward line of dance. Man's & lady's footwork the same unless stated different for the lady

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

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

STEP SIDE, TOUCH, STEP SIDE, TOUCH, FORWARD, 1 /2 PIVOT, SHUFFLE

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

3-4 Step left foot to left side, touch right foot next to left foot

5-6 Step forward right foot lift right hand, drop left hand, ½ pivot turn left, pick up left hand & raise, dropping right hand hold (RLOD)

7&8 **MAN:** Shuffle forward right

LADY: ½ Turning shuffle left (LOD)

WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE

9-10 **MAN:** Step forward on left foot, step forward on right foot

LADY: Walk back

11&12 **MAN:** Shuffle forward on left foot

LADY: Shuffle back

13-14 **MAN:** Step forward on right foot, step forward on left foot

LADY: Walk back

15&16 **MAN:** Shuffle forward on right foot

LADY: Shuffle back

FORWARD ROCK, RECOVER, ¼ SIDE SHUFFLE LEFT, WEAVE ¼ TURN LEFT

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

LADY: Rock back, recover

19&20 **MAN:** Make ¼ turn left side shuffle left (OLOD)

LADY: ¼ Turn right side shuffle left

Sweetheart

21-22 Cross step right foot over left foot, step left foot to left side

23-24 Cross step right foot behind left foot, turn ¼ turn left stepping forward on left foot

¼ TURN LEFT, ¼ TURN RIGHT, WEAVE, RIGHT SHUFFLE, LEFT SHUFFLE

25-26 ¼ turn left step right foot to right side, cross step left foot behind right foot lift right hand, drop left (ILOD)

27-28 ¼ turn right stepping right foot forward, step forward on left foot, (LOD) Sweetheart

29-30 Shuffle forward on right

31-32 Shuffle forward on left

ROCK RECOVER, ¼ TRIPLE, ROCK RECOVER, ½ TRIPLE TURN, ROCK RECOVER, ½ TRIPLE TURN

33-34 Rock step forward on right foot, recover weight to left foot

35&36 **MAN:** Triple step right, left right making ¼ turn right (OLOD)

LADY: ¾ Right to face man (ILOD), hands raised above head level

37-38 Rock step back on left foot, recover weight to right foot, left hands joined at head level right hand at waist level

39-40 Triple step left, right, left making ½ turn right

Man ILOD, hands raised above head level. Lady OLOD

ROCK BACK RECOVER, ½ TRIPLE TURN, ¼ TURN LEFT, TOUCH, FULL TURN RIGHT, TOUCH

- 41-42 Rock step back on right foot, recover weight to left foot, left hands joined at head level right hand at waist level
- 43&44 Triple step right, left, right making ½ turn left, (man OLOD), left hands joined at head level right hand at waist level
- 45-46 Step left foot 1/ 4 turn left, touch right foot beside left foot, (man LOD, lady RLOD) holding right hand
- 47-50 Full rolling turn right stepping right, left, right, touch left foot next to right (man LOD, lady RLOD) holding left hand

FULL TURN LEFT, TOUCH, TURN WALK, WALK, SHUFFLE, JAZZ BOX, TOUCH

- 51-54 Full rolling turn left stepping left, right, left, touch right foot next to left, (man LOD, lady RLOD) holding right hand
- 55-56 **MAN:** Step forward right, left,
LADY: ½ Turn right stepping right, left

LOD, Sweetheart

- 57&58 Shuffle forward on right
- 59-62 Cross step left foot over right foot, step back on right foot, step left foot to left side, touch right foot next to left foot

REPEAT

When using 64 count music finish dance with a step instead of touch & always add the 2 extra counts at beginning of pattern to make 64 counts
