

# My Heart Cries For You

**COPPER KNOB**  
STEPSHEETS

拍數: 24      牆數: 4      級數: Improver  
編舞者: Judith Campbell (NZ)  
音樂: My Heart Cries For You - Dave Sheriff



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## WALTZ STEP FORWARD & BACK FORMING A BOX

1-3      Step forward on right foot, step left to left side, step right next to left  
4-6      Step back on left foot, step right to right side, step left next to right

## WALTZ FORWARD WITH ½ TURN - STEP LOCK

1-3      Step forward on right foot, turning ½ to right - step back on left foot, step right next to left  
4-6      Step forward diagonally left on left foot, step right up behind left, step forward on left

## TWINKLE WITH ½ TURN - FULL ROLL FORWARD

1-3      Step right over left, step left to left side, turning ½ to right step forward on right foot  
4-5      Step forward on left foot, turning ½ to left -step back on right foot  
6      Turning ½ to left step forward on left foot

## 3 SWAYS RIGHT-LEFT-RIGHT - ROCK BACK/FORWARD & ¼ TURN

1-3      Step right foot to right pushing right hip to right, sway to left, sway to right  
4-5      Rock/step back onto left foot, leave right heel on floor, rock forward onto right foot  
6      Slide left foot in next to right foot as you turn ¼ right

## REPEAT

You might like to try this harder step rather than just a waltz with a ½ turn on the second lot of 6 counts (waltz forward with ½ turn). Try hooking the right foot under left knee on the count 2. This is done at the same time as you step back on the ½ turn. Then step right foot down as in count 3, then step lock step (4, 5, 6).

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