

My Heart Cries For You

COPPER KNOB
STEPPERS

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



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).
