

My Heart Loves Nightclub 2 Step (P)

COPPER KNOB
BY STEPSHEETS

拍數: 40 牆數: 0 級數: Partner
編舞者: Ike Po (USA) & Virginia Po (USA)
音樂: I Cross My Heart - George Strait



Position: Couple in closed position. Man on the inside track facing OLOD, Lady on the outside track facing ILOD

MAN'S FOOTWORK:

SIDE STEP, ROCK STEP, SIDE STEP, ROCK STEP, SIDE STEP, ROCK STEP, SIDE STEP, ROCK STEP
Face OLOD

1 Slide/step left to side
2& Cross/rock right behind left, recover onto left
3 Slide/step right to side
4& Cross/rock left behind right, recover onto right
5 Slide/step left to side
6& Cross/rock right behind left, recover onto left
Left hand raises lady's right. Turn lady to outside turn
7 Slide/step right to side
8& Cross/rock left behind right, recover onto right

¼ TURN LEFT, STEP, WALK, WALK, WALK, ROCK FORWARD RECOVER, ½ TURN STEP, ROCK FORWARD RECOVER, ½ TURN STEP, ROCK FORWARD RECOVER

1 Turn ¼ left and step left forward (LOD)
Bring lady slightly to man's left
2&3 Step right forward, step left forward, step right forward
Face LOD at outside track, left hand raises lady's right. Turn lady 1-½ to the left inside turn
4& Rock left forward, recover onto right
Left hand holds lady's right & prep forward
5 Turn ½ left and step left forward (RLOD)
Hand change picks up lady's left
6& Rock right forward, recover onto left
Right hand holds lady's left & prep forward
7 Turn ½ right and step right forward (LOD)
Hand change picks up lady's right
8& Rock left forward, recover onto right
Left hand holds lady's right & prep forward

STEP, TRIPLE STEP, ROCK STEP, STEP, ¾ TURN WALK, ROCK STEP

1 Step left back
2&3 Triple in place right, left, right
Left hand raises lady's right, turn lady full turn to the right in an outside turn
4&5 Rock left back, recover onto right, step left diagonally forward
On count 5, left hand pulls lady's right hand toward him; press right palm against lady's right wrist & push through toward her right
6&7 (Make a curving walk turning ¾ left) step right fwd, step left forward, step right to side
Moving toward RLOD and facing OLOD at inside track
8& Cross/rock left behind right, recover onto right
On count 7, right hand goes under lady's left arm shoulder blade; bring lady to face to man; left hand rejoins lady's right while lady's left hand is sliding down man's right arm & rejoins his right hand

¼ TURN LEFT, STEP, DIAGONAL STEP CROSS STEP, DIAGONAL STEP CROSS STEP, DIAGONAL STEP CROSS STEP, ROCK STEP

- 1 Turn ¼ left and step left forward (LOD)
Partners hold hands right to left, left to right while traveling diagonally
 2&3 Step right diagonally forward, cross left over right, step right diagonally forward
 4&5 Step left diagonally forward, cross right over left, step left diagonally forward
 6&7 Step right diagonally forward, cross left over right, step right diagonally forward
 8& Rock left back, recover onto right

STEP, ¾ TURN WALK, ROCK STEP, SIDE STEP, ROCK STEP, SIDE STEP, ROCK STEP

- 1 Step left diagonally forward (face LOD)
Left hand pulls lady's right hand toward him; press right palm against lady's right wrist & push through toward her right
 2&3 (Make a curving walk turning ¾ left) step right fwd, step left forward, step right to side
Moving toward RLOD & facing OLOD at inside track. On count 3, left hand rejoins lady's right, right rejoins lady's left
 4& Rock left back, recover onto right
 5 Slide/step left to side
 6& Cross/rock right behind left, recover onto left
Man left hand raises lady's right, turn lady to outside turn
 7 Slide/step right to side
Back to closed position
 8& Cross/rock left behind right, recover onto right

LADY'S FOOTWORK:

SIDE STEP, ROCK STEP, SIDE STEP, ROCK STEP, ¼ TURN STEP, STEP ½ PIVOT TURN, ¼ TURN STEP, ROCK STEP

Face lLOD

- 1 Slide/step right to side
 2& Cross/rock left behind right, recover onto right
 3 Slide/step left to side
 4& Cross/rock right behind left, recover onto left
 5 Turn ¼ right and step right forward
 6& Step left forward, turn ½ right (weight to right)
Weight on right foot; raise right hand
 7 Turn ¼ right and slide/step left to side
 8& Cross/rock right behind left, recover onto left

¼ TURN, LEFT STEP, 1-½ TRIPLE TURN, ROCK FORWARD RECOVER, ½ TURN STEP, ROCK FORWARD RECOVER, ½ TURN STEP, ROCK FORWARD RECOVER

- 1 Turn ¼ left and step right back (face RLOD)
 2&3 Shuffle forward turning 1 ½ left and step left, right, left
Face LOD at inside track
 4& Rock right forward, recover onto left
Right hand holds man's left & prep forward
 5 Turn ½ right and step right forward
Face RLOD. Left hand picks up man's right
 6& Rock left forward, recover onto right
Left hand hold man's right & prep forward
 7 Turn ½ left and step left forward
Face LOD. Right hand picks up man's left
 8& Rock right forward, recover onto left
Right hand holds man's left & prep forward

½ TURN, STEP, FULL TURN TRIPLE STEP, ROCK STEP, STEP, 1-¼ TURN STEP, ROCK STEP, ¼ TURN LEFT

- 1 Turn ½ right and step right forward (RLOD)
 2&3 Triple in place turning a full turn right stepping left, right, left

4&5 Rock right back, recover onto left, step right forward

Angle right

6&7 Shuffle side turning 1 ¼ right and step left, right, left

Traveling turn toward RLOD, ending at outside track facing ILOD

8& Cross/rock right behind left, recover onto left

STEP, DIAGONAL STEP CROSS STEP, DIAGONAL STEP CROSS STEP, DIAGONAL STEP CROSS STEP, ROCK STEP

1 Turn ¼ left and step right back

Face RLOD. Left hand slides down man's right arm & rejoins man's right hand, right hand rejoins man's left.

Traveling diagonally back

2&3 Step left diagonally back, cross right over left, step left diagonally back

4&5 Step right diagonally back, cross left over right, step right diagonally back

6&7 Step left diagonally back, cross right over left, step left diagonally back

8& Rock right back, recover onto left

STEP, 1-¼ TURN STEP, ROCK STEP, ¼ TURN STEP, STEP ½ PIVOT TURN, ROCK STEP

1 Step right forward

Angle right. Face RLOD

2&3 Shuffle side turning 1 ¼ right and step left, right, left

Traveling turn toward RLOD, ending at outside track facing ILOD, lady rejoins both hands with man

4& Rock right back, recover onto left

5 Turn ¼ right and step right forward

6& Step left forward, turn ½ right (weight to right)

Weight on right foot; raise right hand

7 Turn ¼ right and slide/step left to side

Face ILOD. Back to closed position

8& Cross/rock right behind left, recover onto left

REPEAT
