

# My Tender Heart

**COPPER KNOB**  
BY STEPHEN HETS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Derek Robinson (UK)  
音樂: Tender Heart - Lionel Richie



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

- 1 Step diagonally forward on left (10:00) swaying hips forward
- 2 Recover on right swaying hips back
- 3&4 Shuffle forward (left, right, left)
- 5 Cross rock right over left
- 6 Recover on left
- 7&8 Shuffle ½ turn right (right, left, right)

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

- 9-16 Repeat steps 1- 8

## STEP ACROSS, TURN, BACK LOCK STEP, ROCK BACK, RECOVER, SHUFFLE FORWARD

- 17 Step left foot across and in front of right
- 18 Step right foot to right side, turning ¼ turn left
- 19&20 Step back left, lock right across left, step back left
- 21 Rock back on right
- 22 Recover on left
- 23&24 Shuffle forward (right, left, right)

## FULL TURN RIGHT, TOUCH, SHUFFLE FORWARD, CROSS ROCK, RECOVER, 2X ½ RONDES MOVING BACK

- 25 Step forward left
- 26 Spin a full turn right on sole of left foot touching right toe forward
- 27&28 Shuffle forward right (right, left, right)
- 29 Cross rock left over right
- 30 Recover on right
- 31 Sweep left foot out and behind right
- 32 Sweep right foot out and behind left

## BACK LOCK STEP, ROCK BACK, RECOVER, SIDE TOE TOUCH & CROSS, RIGHT & LEFT

- 33&34 Step back left, lock right across left, step back left
- 35 Rock back on right
- 36 Recover on left
- 37 Touch right toe to right side
- 38 Step right across and in front of left
- 39 Touch left toe to left side
- 40 Step left across and in front of right

## ROCK FORWARD, RECOVER, TRIPLE ¾ TURN, CROSS ROCK, RECOVER, STEP LEFT, SLIDE UP RIGHT

- 41 Rock forward on right
- 42 Recover on left
- 43&44 Triple turn ¾ right (right, left, right)
- 45 Cross rock left over right
- 46 Recover on right
- 47 Step left to side

**REPEAT**

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