

# One Heart

**COPPER KNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Improver  
編舞者: Sylvia Priestley (UK)  
音樂: One Heart - Back Door



August 1999 in memory of Dolly Yeomans, a dear friend, neighbor and my surrogate mum.

## **SIDE ROCK, FORWARD CHA-CHA TWICE**

1-2            Step to side right rocking onto right foot, rock back onto left foot  
3&4           Step forward on right foot, step left foot beside right, step right beside left  
5-6           Step to side left rocking onto left foot, rock back onto right foot  
7&8           Step forward on left foot, step right beside left, step left beside right

## **¼ TURN, POINT, ½ TURN, POINT, STEP ¼, ROCKS FORWARD & BACK**

9-10           Stepping onto left foot turn ¼ to left, point right foot to right side  
11-12          Stepping onto ball of right foot pivot ½ to left, point left foot to left  
&13&14       Step onto left turn ¼ left step right forward, rock back on left, step right beside left  
15&16         Step back on left, rock forward on right, step left beside right

## **STEP PIVOT ¼, SWAY, SIDE SHUFFLE, ROCK**

17-18          Step onto right pivot ¼ left, step left beside right  
19-20          Sway right, sway left  
21&22         Step to the right on right foot, step left beside right, step right to the side  
23-24          Cross left over right, replace weight to right foot

## **SIDE SHUFFLE, ROCK, ¼ TURN TWICE**

25&26         Step to the left on left foot, step right beside left, step right to the side  
27-28         Cross right over left, replace weight to left foot  
29-30         Step on to right foot turning ¼ right, step left beside right  
31-32         Step on to right foot turning ¼ right, left foot step forward

## **REPEAT**

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