

# Rhythm Of My Heart

**COPPER KNOB**  
STEPSHEETS

拍數: 56      牆數: 4      級數: Improver  
編舞者: Glennys Croston (UK)  
音樂: Rhythm of My Heart - Rod Stewart



## RIGHT AND LEFT HEEL SWITCHES, CLAPS TWICE

1&2      Touch right heel forward step right beside left, touch left heel forward  
&3&4      Step left beside right touch right heel forward, clap clap  
&5      Step right beside left, touch left heel forward  
&6      Step left beside right, touch right heel forward  
&7&8      Step right beside left, touch left heel forward, clap clap

## RIGHT & LEFT STEP LOCK STEP FORWARD, ROCK FORWARD RECOVER, HALF TRIPLE TURN RIGHT

&9&10      Step forward on right bring left behind right, step forward on right  
11&12      Step forward on left bring right behind left, step forward on left  
13-14      Rock forward on right recover weight on left  
15&16      Half triple right turn on right left right

## STEP TURN RIGHT, FORWARD STEP LOCK STEP, CROSS ROCK, RIGHT CHASSE

17-18      Step forward on left, pivot half turn right  
19&20      Step forward on left bring right behind left, step forward on left  
21-22      Cross rock right over left, recover on left  
23&24      Right side together side

## CROSS ROCK RECOVER, QUARTER LEFT SHUFFLE FORWARD, PIVOT HALF TURN LEFT, RIGHT FORWARD SHUFFLE

25-26      Cross rock left over right, recover on right  
27&28      Make quarter turn left, left forward shuffle  
29-30      Step forward on right, pivot half turn left  
31&32      Step forward on right, bring left to right, step forward on right

## ROCK RECOVER, LEFT QUARTER TURN, CHASSE, CROSS SIDE BEHIND & CROSS

33-34      Rock forward on left, recover on right  
35&36      Make quarter turn left side together side  
37-38      Cross right over left, step left to side  
39&40      Step right behind left, step left beside right, cross right over left

## SIDE ROCK RECOVER, CROSS SHUFFLE, SIDE ROCK RECOVER, QUARTER RIGHT TURN, COASTER STEP

41-42      Rock to side on left, recover on right  
43&44      Cross left over right, step right to side, cross left over right  
45-46      Rock right to side recover on left  
47&48      Make quarter turn right, coaster step

## HALF PIVOT TURN RIGHT, FORWARD STEP LOCK STEP, ROCK FORWARD RECOVER, ROCK BACK RECOVER

49-50      Step forward on left, pivot half turn right  
51&52      Step forward on left, bring right behind left, step forward on left  
53-54      Rock forward on right, recover on left  
55-56      Rock back on right recover on left

## REPEAT

ending

For Rod Stewart track only: To finish the dance at the 7th wall (facing the back wall) complete counts 1-8 then cross right over left and unwind half turn left to finish dance facing your home wall.

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