

# Shape Of My Heart

**COPPER** KNOB  
BY STEPHEN HETS

拍數: 32      牆數: 2      級數: Improver  
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音樂: Shape of My Heart - Backstreet Boys



Written for the British Heart Foundation Charity 2001.

## BACK SHUFFLE, ½ TURN SHUFFLE, RIGHT KICK BALL CHANGE, SLIDE TOGETHER

1&2      Step back on right, step left beside right, step back on right  
&      On ball of right turn ½ left turn over left shoulder  
3&4      Step forward on left, step right beside left, step forward on left  
5&6      Kick right forward, step right beside left, step left beside right  
7-8      Large step with right foot to right side, slide left beside right (weight on right)

End facing back wall (6:00)

## CHASSE ¼ TURN LEFT, CROSS-CHASSE, HIP SWAYS

1&2      Step left to left side, step right beside left, step left to left side with ¼ turn left  
3&4      Cross-step right over left, step left to left side, cross-step right over left  
5-6      Step left to left side while swaying hips: left, right  
&      Step left beside right  
7-8      Step right to right side while swaying hips: right, left

End facing right wall from front (3:00)

## HIPS BUMPS WITH TURNS, STEP ½ PIVOT, TRIPLE ½ TURN

1&2      On ball of left turn ½ turn left over left shoulder while stepping slightly back on right and also bumping hips: right, left, right  
3&4      On ball of right turn ¼ turn left over left shoulder while stepping left to left side and also bumping hips: left, right, left  
5-6      Step forward on right, pivot ½ a turn over left shoulder  
7&8      Continue turning over left shoulder while stepping: right, left, right in place completing a further ½ turn

End facing back wall (6:00)

## LEFT COASTER STEP, WALKS FORWARD, ROCK STEP, FULL TURN BACK OR WALKS BACK

1&2      Step back on left, step right beside left, step forward on left  
3-4      Walk forward on right, left  
5-6      Rock forward onto right, rock weight back onto left

Easy option here:

7-8      Walk back on right, left

Harder option here:

7      On ball of left turn ½ turn right over right shoulder, stepping forward on right  
8      On ball of right turn ½ turn right over right shoulder, stepping back on left

REPEAT

TAG

After the first wall only

## JAZZ BOX ON THE SPOT

1-2      Cross-step right over left, step back on left  
3-4      Step right to right side, step left beside right