

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