

Take It To Heart

COPPER **KNOB**
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Peter Metelnick (UK)
音樂: Take It To Heart - Lisa Erskine



SHUFFLE, STEP, ½ PIVOT, TOUCHBACK, BACK, COASTER STEP

1&2 Step right foot forward, step left foot together, step right foot forward
3 Step left foot forward
4 Pivot ½ right with weight remaining on left foot
5 Touch right toes back
6 Step right foot down
7&8 Step left foot back, step right foot together, step left foot forward

STEP, TOUCH SIDE, CROSS, TOUCH SIDE, ROCK, RECOVER, ROCK BACK, RECOVER

9 Step right foot forward
10 Touch left toes to left side (or kick left foot to left side)
11 Cross left foot over right and step
12 Touch right toes to right side (or kick right foot to right side)
13 Step right foot forward and rock forward
14 Recover weight on left foot
15 Step right foot back and rock back
16 Recover weight on left foot

HEEL, HOOK, HEEL SWITCHES, TOUCH FORWARD, TOUCH SIDE, SAILOR SHUFFLE

17 Touch right heel forward
18 Hook right foot across left shin
19& Touch right heel forward, step right foot together
20& Touch left heel forward, step left foot together
21 Touch right toes forward
22 Touch right toes to right side
23&24 Cross right foot behind left and step, step left foot to left side, step right foot in place

Optional: substitute a back shuffle for the sailor shuffle for beginners

SAILOR SHUFFLE, ROCK BACK, RECOVER, KICK-BALL-CHANGE, STEP, ¼ TURN

25&26 Cross left foot behind right and step, step right foot to right side, step left foot in place
(optional: substitute a back shuffle for the sailor shuffle for beginners)
27 Step right foot back and rock back
28 Recover weight on left foot
29&30 Kick right foot forward, step right together on ball of right foot, step left foot together
31 Step right foot forward
32 ¼ left pivot turn with weight ending on left foot

Optional steps for those who like to spin: turn ¼ left and step right foot forward, spin full turn left with weight ending on left foot

REPEAT