

# This Old Heart Of Mine

**COPPERKNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Anita Ludlow (UK)  
音樂: This Old Heart of Mine - The Isley Brothers



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## CROSS, STEP, SAILOR SHUFFLE TWICE

1-2            Cross right over left, step left to left side  
3&4            Cross right behind left, step on ball of left to left side, step right in place  
5-6-7&8        Repeat, reversing footwork

## 2X SAILOR SHUFFLES, GRAPEVINE WITH 1-¼ TURNS

1&2            Sweep right behind left, step on ball of left to left side, step right in place  
3&4            Sweep left behind right, step on ball of right to right side, step left in place  
5-6            Step right to right side, qtr turn right as you step left behind right  
7-8            Step forward on right & swivel half turn right, step forward on left & swivel half turn right

## SYNCOPATED WALKS FORWARD

1-2            Step forward on right, hold for one count  
&3-4            Step left closely behind right on '&' count. Step forward on right, hold for one count  
5-6&7-8        Repeat, reversing footwork

## STEP, STEP, CIRCLE HIPS. SQUAT RECOVER TWICE

1-2            Step forward right, step forward left  
3-4            Circle hips over two counts to the left  
5              Take right to right side & squat with hands resting on thighs  
6              Recover standing position by bringing left leg next to right & clap  
7              Take right to right side & squat with hands resting on thighs  
8              Recover standing position by bringing left leg next to right & clap

**REPEAT**

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