

Two Strong Hearts

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jan Wyllie (AUS)
音樂: Two Strong Hearts - John Farnham



SIDE/ROCK RETURN & TOUCH TWICE, CROSS/ ROCK RETURN, SIDE/ SHUFFLE

1&2 Rock/step left to left, return weight sideways onto right, step left beside right
3&4 Rock/step right to right, return weight sideways onto left, step right beside left
5-6-7&8 Cross/rock left over right, rock weight back onto right, shuffle to left left, right, left

CROSS/ROCK RETURN, ¼ SHUFFLE, FULL TURN, ROCK FORWARD & BACK

9-10-11&12 Cross/rock right over left, rock weight back onto left, making ¼ right shuffle forward right, left, right
13-14 Making a full turn right step forward left, right
15&16 Rock/step forward on left, rock back on right, step back on left

& STEP BACK BUMP HEEL, & STEP BACK BUMP HEEL, &¼ ROCK RETURN, ½ SHUFFLE

&17-18 Step right beside left, step back on left keeping right forward, bump right heel
&19-20 Step right beside left, step back on left keeping right forward, bump right heel
&21-22 Step right beside left, making ¼ left rock/step forward on left, rock back on right
23&24 Making ½ left back over left shoulder shuffle forward left, right, left

STEP PIVOT ¼, RIGHT SAILOR, LEFT SAILOR, ¼ COASTER

25-26 Step forward on right, pivot ¼ left transferring weight to left
27&28 Step right behind left, step left slightly left, step right slightly right (sailor)
29&30 Step left behind right, step right slightly right, step left slightly left (sailor)
31&32 Step right behind left, making ¼ right step left beside right, step forward on right (¼ turn coaster)

ROCK RETURN, STEP BACK HOOK ½ TURN, SHUFFLE, ROCK RETURN

33-34 Rock/step forward on left, rock back on right
35-36 Step back on left, hook right over left and turn ½ right on heel of left
37&38 Shuffle forward right, left, right
39-40 Rock/step forward on left, rock back on right

COASTER, STEP PIVOT ½, SHUFFLE, FULL TURN

41&42 Step back on left, step right beside left, step forward on left (coaster)
43-44 Step forward on right, pivot ½ left transferring weight to left
45&46 Shuffle forward right, left, right
47-48 Stepping forward left, right make a full turn right

STEP FORWARD HOLD, ROCK BACK ¼ HOLD, HIP SWAYS, ¼ HIP SWAYS

49-50-51-52 Step forward on left, hold, rock back on right making ¼ right, hold
53-54-55-56 Sway hips left, right, step forward on left making ¼ right swaying hips left, sway hips right

SHUFFLE FORWARD, ¾ TURN, ROCK RETURN, ¼ COASTER CROSS

57&58 Shuffle forward left, right, left
59-60 Making ¼ left step back on right, making a further ½ left step forward on left (3:00)
61-62 Rock/step forward on right, rock back on left
63&64 Making ¼ right step right to right, step left beside right, step right across left

REPEAT

