

# Waltzing Hearts

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: waltz  
編舞者: Mary Pensel (USA)  
音樂: Their Hearts Are Dancing - The Forester Sisters



## FORWARD TURN LEFT FULL TURN, FORWARD TURN RIGHT FULL TURN

- 1 Step left ball of foot forward, left toe and body facing approximately 10:00-11:00 o'clock. Continue movement into next step
  - 2 Step right ball of foot forward toward 12:00 o'clock, with right toes pointing to approximately 9:00 o'clock, stepping beside left foot, body facing approximately 9:00 o'clock. Continuing movement into next step
  - 3 Pivot left on right ball of foot, continuing full turn left, as you step right foot toward 12:00 o'clock, but stepping just slightly forward from left foot, body and feet now facing 12:00 o'clock.
- On steps 2 and 3, you have only moved forward toward 12:00 o'clock approximately 6" to 8"**
- 4 Step right ball of foot forward, right toes and body facing approximately 1:00 to 2:00 o'clock. Continue movement into next step
  - 5 Step left ball of foot forward toward 12:00 o'clock with left toes pointing to approximately 3:00 o'clock. Continuing movement into next step.
  - 6 Pivot right on left ball of foot continuing full turn right, as you step left foot toward 12:00 o'clock, but stepping just slightly forward right foot, body and feet now facing 12:00 o'clock
- On steps 5 and 6, you have only moved forward toward 12:00 o'clock approximately 6" to 8"**

## BACK, BESIDE, BESIDE, BACK, BESIDE, BESIDE

- 7 Step left ball of foot back
- 8 Step right ball of foot beside left foot
- 9 Step left foot beside right foot
- 10 Step right ball of foot back
- 11 Step left ball of foot beside right foot
- 12 Step right foot beside left foot.

## MODIFIED FIGURE EIGHT

- 13 Step left foot to left side into  $\frac{1}{4}$  turn left (left foot and body facing 9:00 o'clock, right foot pointing to 12:00 o'clock). Continue movement into next step
- 14 Step right foot forward toward 9:00 o'clock (left leg extended back, left toe/ball still touching floor). . . Continue movement into next step.
- 15 Pivot left on balls of both feet (start pivot on right ball of foot, ending with weight on left foot, right leg extended back with right toe/ball still touching floor, now facing 3:00 o'clock). Continue movement into next step.
- 16 Pivot left  $\frac{1}{4}$  turn on ball of left foot as you step right foot parallel, but apart, from left foot, both feet and body now facing 12:00. Continuing movement into next step
- 17 Step left foot cross behind right foot
- 18 Pivot right  $\frac{1}{4}$  turn as you step right foot forward into 3:00 o'clock, both feet and body facing 3:00 o'clock. Weight on right foot, left leg extended back with left toe/ball still touching floor. Continuing movement into next step
- 19 Step left foot forward, right leg extended back with right toe/ball still touching floor, facing 3:00 o'clock. Continuing movement into next step.
- 20 Pivot right on balls of both feet (starting pivot on ball of left foot, ending with weight on right foot, left leg extended back with left toe/ball still touching floor, now facing 9:00 o'clock. Continuing movement into next step)
- 21 Pivot right  $\frac{1}{4}$  turn on ball of right foot as you step left foot parallel, but apart, from right foot, both feet and body now facing 12:00 o'clock. Continuing movement into next step
- 22 Step right foot cross behind left foot

- 23 Step left foot to left side
- 24 Step right foot beside left foot

#### **BACK, BESIDE, BESIDE**

- 25 Step left foot back
- 26 Step right foot beside left foot
- 27 Step left foot beside right foot

#### **FORWARD TURN RIGHT FULL TURN**

- 28 Repeat step 4
- 29 Repeat step 5
- 30 Repeat step 6

#### **BACK, BESIDE, BESIDE**

- 31 Step left foot back
- 32 Step right foot beside left foot
- 33 Step left foot beside right foot

#### **FORWARD TURN RIGHT FULL TURN**

- 34 Repeat step 4
- 35 Repeat step 5
- 36 Repeat step 6

#### **SIDE MOVEMENT LEFT, SIDE MOVEMENT RIGHT**

- 37 Step left foot to left side
- 38 Step right foot beside left foot
- 39 Step left foot beside right foot
- 40 Step right foot to right side
- 41 Step left foot beside right foot
- 42 Step right foot beside left foot

#### **STEP ¼ LEFT, SLIDE, HOLD**

- 43 Step left foot back into ¼ turn left (left foot and body facing 9:00 while head/face and right foot faces 12:00 o'clock).
- 44 Slide right toe directly back to instep of left foot, right heel is off floor (head/face and right foot still facing 12:00 o'clock)
- 45 Hold/pause (head/face and right foot still facing 12:00 o'clock).

#### **FORWARD TURN RIGHT FULL TURN**

- 46 Repeat step 4
- 47 Repeat step 5
- 48 Repeat step 6

#### **REPEAT**

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