

A Woman's Heart

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ronnie James (UK)
音樂: Woman's Heart - Chris De Burgh



CROSS ROCK, CHASSE RIGHT, CROSS ROCK, CHASSE LEFT

1-4 Cross rock right over left, recover on left, shuffle right on right, left, right
5-8 Cross rock left over right, recover on right, shuffle left on left, right, left

ROCK BACK, SHUFFLE FORWARD, ROCK FORWARD, SHUFFLE & TURN ½ LEFT

9-12 Rock back on right, recover on left, shuffle forward on right, left, right
13-16 Rock forward on left, recover on right, shuffle & turn ½ left

CROSS, SIDE, CROSS SHUFFLE, ¼ TURN, HOLD, ROCK BACK, RECOVER

17-20 Cross right over left, step left to side, cross shuffle right over left
21-24 Step left to side turning ¼ right, hold, rock back on right, recover on left

ROCK FORWARD, HOLD, COASTER STEP, SHUFFLE FORWARD, TURN ¾ RIGHT

25-28 Rock forward on right, hold, left coaster step
29-32 Shuffle forward on right, left, right., turn ¾ right on left & right

SIDE, BEHIND & CROSS, SIDE, ROCK BACK, SHUFFLE FORWARD

33-36 Step left to side, step right behind left & step left to side, cross right over left
37-40 Rock back on right, recover on left, shuffle forward on right, left, right

ROCK FORWARD, SAILOR TURN, SHUFFLE FORWARD TWICE

41-44 Rock forward on left, recover on right, turn ¼ left on left, right, left
45-48 Shuffle forward on right, left, right., shuffle forward on left, right, left

ROCK FORWARD, COASTER STEP, ROCK FORWARD, SHUFFLE & TURN ½ LEFT

49-52 Rock forward on right, recover on left, right coaster step
53-56 Rock forward on left, recover on right, shuffle & turn ½ left

SKATE TWICE, KICK BALL CHANGE, STEP, DRAG & STOMP

57-60 Skate right forward, skate left forward, right kick ball change
61-64 Step forward on right, drag left towards right on 2 counts, stomp left

REPEAT

TAG

After step 44 on the 4th wall, stomp right next to left & hold for 3 counts, then restart the dance

OPTIONAL ENDING

To end facing the front cross right over left and unwind ¾ left
