

Young Hearts

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Helen D'Aguiar (UK)
音樂: Young Hearts Run Free - Candi Staton



DOROTHY STEPS TWICE, CHASSE ¼ TURN RIGHT, STEP PIVOT ½ TURN RIGHT

1-2& Step right foot forward into right diagonal, lock left behind right, step right next to left
3-4& Step left foot forward into left diagonal, lock right behind left, step left next to right
5&6 Chasse quarter turn right
7-8 Step forward on left, pivot half turn right (weight now on right)

MAMBO STEPS FORWARD AND BACK INTO SKATES, ROCK STEP ¼ TURN LEFT

9&10 Rock forward on left, recover back on right, bring left next to right
11&12 Rock back on right, recover on left, start skate steps into right diagonal
13-14 Skate into left diagonal, skate into right diagonal
15&16 Cross rock left over right, recover onto right, turn quarter left stepping left to side

CROSS SHUFFLE, SIDE STEP PIVOT ½ TURN RIGHT, CROSS ROCK STEP, CROSS SIDE POINT BEHIND

17&18 Cross shuffle right over left
19-20 Step left foot to side, pivot half turn right (weight now on right)
21&22 Cross rock left over right, recover on right, step left foot to side
23&24 Cross right over left, step left to side, point right behind left (at this point swing both arms out to left across the front of your body, waist height, pointing fingers to left)

CHASSE ¼ TURN RIGHT, STEP PIVOT ½ TURN RIGHT, WALK, WALK, ROCK STEP, JUMP

25&26 Chasse quarter turn right
27-28 Step forward on left, pivot half turn right (weight now on right)
29-30 Walk forward left, right
31&32 Rock forward on left, recover back on right, bring left next to right as you jump back feet together (at this point push both palms forward, chest height)

REPEAT
