

In A Heartbeat

COPPERKNOB
BY STEPHEN

拍數: 34 牆數: 2 級數: Intermediate
編舞者: John Reilly (UK)
音樂: That's The Beat Of The Heart - Warren Brothers With Sara Evans



NIGHTCLUB BASIC, SYNCOPATED RIGHT WEAVE, SIDE ROCK WITH ¼ TURN LEFT, FULL TURN TRAVELING FORWARD, STEP FORWARD

1&2 Rock back on right, replace weight on left, step right to right side
3&4 Cross left behind right, step right to right, cross left over right (in front)
5&6 Rock right to right side, replace weight on left making ¼ turn left, step forward right foot
7&8 ½ turn right stepping back on left, ½ turn right stepping forward on right, step forward on left

SIDE-ROCK-BEHIND TWICE, CHASSE RIGHT, HINGE ½ TURN RIGHT, CROSS LEFT

1&2 Rock right to side replace weight on left, cross right foot behind left
3&4 Rock left to side, replace weight on right, cross left foot behind right
5&6 Step right to right side, bring left together, step right long step to right
7&8 Step left to left side, turn ½ right stepping right to right, cross left over right

POINT-HITCH-SLIDE, LEFT NIGHTCLUB BASIC, RIGHT SAILOR STEP, ½ PIVOT RIGHT STEP FORWARD LEFT

1&2 Point right toe to right side, hitch right knee, slide right to right
3&4 Rock back on left, replace weight on right, step left to left
5&6 Cross right behind left, step left to side, step right foot forward
7&8 Step forward left, pivot ½ turn right, step forward on left

CROSS ROCK TOGETHER TWICE, ¾ TURN RIGHT WITH SWEEP, LEFT MAMBO FORWARD, SIDE ROCKS WITH STYLE

1&2 Cross rock right over left, replace weight on left, step right beside left (shoulder width)
3&4 Cross rock left over right, replace weight on right, step left beside right
5&6 Cross right over left, step back on left making ¼ turn right, sweep right ½ turn right (ronde) weight now on right
7&8 Rock forward on left, replace weight on right, touch left together
1&2 Side rock left, replace with right, side rock left

REPEAT

PHRASING NOTES

2nd wall: 36 counts add additional right side mambo touch

35&36 Rock right to right side, replace weight on left, touch right beside left

6th wall: 32 counts

Finish: cross left over right unwind a full turn right, sweeping right leg round and behind left & strike a pose
If danced to Breathe or We Danced do the dance up to count 31& and finish by bringing your left foot together weight ends on left. This makes the dance 32-counts and allows you to begin again on your right.