

# Inside Your Heart

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Phil Austin (UK)  
音樂: Locked Inside Your Heart - Barry Upton & Wild At Heart



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## **CROSS SHUFFLE, SWAY, SWAY, CROSS SHUFFLE, SWAY, SWAY**

1&2      Cross left over right, step right to right side, cross left over right  
3-4      Step right to side and sway hips to right, sway hips to left  
5&6      Cross right over left, step left to left side, cross right over left  
7-8      Step left to side and sway hips to left, sway hips to hips

## **SIDE SHUFFLE, STEP, SWEEP ¾ TURN, SHUFFLE FORWARD, SLIDE**

1&2      Step left to side, step right to left, step left to side  
3-4      Step left to left, sweep right toe around ¾ turn and tap in front of left  
5&6      Step forward right, step left to right, step forward right  
7-8      Step left to side, slide right to left do not put weight onto it!

## **CROSS, UNWIND, CROSS, TAP, CROSS, TAP, CROSS SHUFFLE**

1-2      Cross right over left, unwind ½ turn over left shoulder  
3-4      Cross right over left, tap left to side  
5-6      Cross left over right, tap right to side  
7&8      Cross right over left, step left to side, cross right over left

## **SIDE SHUFFLE, ROCK, RECOVER, TURN SHUFFLE, ROCK, RECOVER**

1&2      Step left to side, step right to left, step left to side  
3-4      Rock back right, recover weight onto left  
5&6      While making an ½ turn over left shoulder, step feet right, left, right and travel forward  
7-8      Rock back left, recover weight onto right

**REPEAT**

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