

Hjärtats Väg (Road Of The Heart)

COPPERKNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Anna Ekberg (SWE)
音樂: Genom Eld O Vatten (Through Fire And Water) - Sarek



PART A

ROCK STEP, COASTER STEP, STEP TURN LEFT TWICE

1-2 Rock forward on left, recover on right
3&4 Step back on left, step right beside left step forward on left
5-6 Step forward on right, make a ½ turn left
7-8 Step forward on right, make a ½ turn left

ROCK STEP, COASTER STEP, STEP TURN RIGHT 2*

1-2 Rock forward on right, recover on right
3&4 Step back on right, step left beside right, step forward on right
5-6 Step forward on left, make a ½ turn right
7-8 Step forward on left, make a ½ turn right

LEFT AND RIGHT WINE WITH POINT

1-2 Step left to left side, step right behind left
3-4 Step left to left side, point right to right side
5-6 Step right to right side, step left behind right
7-8 Step right to right side, point left to left side

FULL TURN WITH HITCHES, STEP AND HEEL HOOKS

1-2 Step left to left with a ¼ turn left, hitch right knee
3 On ball of right turn ½ turn right stepping back on right
4 Hitch left knee up and make a ¼ turn left
5-6 Step left to left side, hook right heel under left knee
7-8 Step right to right side, hook left heel under right knee

PART B

CROSS ROCK, CHASSE LEFT, CROSS ROCK, CHASSE RIGHT

1-2 Cross left over right, recover on right
3&4 Step left to left side, step right beside left, step left to left side
5-6 Cross right over left, recover on left
7&8 Step right to right side, step left beside right, step right to right side

RIGHT WAVE WITH POINT, CROSS SHUFFLE CHASSE WITH ¼ TURN LEFT

1-2 Cross left over right, step right to right side
3-4 Step left behind right, point right to right side
5&6 Cross right over left, step left to left side, cross right over left
7&8 Step left to left side, step right beside left, step left to left side with a ¼ turn left

BACK ROCK, FULL TURN RIGHT, LONG STEP, SLIDE, HEEL BUMPS

1-2 Rock back on right, recover on left
3 On ball of left make a ½ left stepping back on right
4 On ball of right make a ½ turn left stepping left forward
5-6 Step diagonally forward on right, slide left beside right
7-8 Raise both heels, then down

LONG STEP, SLIDE, HEEL BUMPS, JAZZ BOX

- 1-2 Step diagonally forward on left, slide right beside left
- 3-4 Raise both heels, then down
- 5-6 Cross right over left, step back on left
- 7-8 Step forward on right with a ¼ turn right, step left beside right

TAG 1

LONG STEP, SLIDE, STEPS ON THE SPOT

- 1 Take a long step to the left with left foot
- 2-4 Slide right foot next to left (on 3 counts)
- 5-8 Step right, left, right, left on the spot

LONG STEP, SLIDE, STEPS ON THE SPOT

- 1 Take a long step to the right with right foot
- 2-4 Slide left foot next to right (on 3 counts)
- 5-8 Step left, right, left, right on the spot

TAG 2

LONG STEP SLIDE, STEPS ON THE SPOT, HEEL HOOKS

- 1 Take a long step to the left with left foot
- 2-4 Slide right foot next to left (on 3 counts)
- 5-6 Step right, left, on the spot
- 7-8 Tap right heel forward, hook right heel under right knee

LONG STEP, SLIDE, STEPS ON THE SPOT, HEEL HOOKS

- 1 Long step to the right with right foot
- 2-4 Slide left foot next to right (on 3 counts)
- 5-6 Step left, right on the spot
- 7-8 Tap left heel forward, hook left heel under right knee

LONG STEP, SLIDE, STEPS ON THE SPOT, HEEL HOOKS

- 1-4 Take a long step forward with left foot, slide right foot next to left (on 3 counts)
- 5-6 Step right, left on the spot
- 7-8 Tap right heel forward, hook right heel under right knee

LONG STEP, SLIDE, STEPS ON THE SPOT, HEEL HOOKS

- 1-4 Take a long step back with right foot, slide left foot next to right (on 3 counts)
 - 5&6 Step left, right on the spot
 - 7-8 Tap left heel forward, hook left heel under right knee
 - 9-10 Repeat count 7-8
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