

# Hjärtats Väg (Road Of The Heart)

**COPPER** KNOB  
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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