

Hearts & Flowers

COPPER **NOB**
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Lorraine Harvey (AUS)
音樂: The Heart of Every Girl - Elton John



STEP LOCK & SIDE ROCK STEP, LOCK & STEP, ½ TURN

- 1-2&3-4 Step forward 45 degrees right on right, lock/step left behind right, step forward 45 degrees right on right, pushing hips to left step left to left, pushing hips to right return weight to right
- 5-6&7-8 Step forward 45 degrees left on left, lock/step right behind left, step forward 45 degrees left on left, step forward on right, pivot turn ½ left (weight on left, facing 6:00)

STEP LOCK & SIDE ROCK STEP, LOCK & STEP, ¼ TURN

- 1-2&3-4 Step forward 45 degrees right on right, lock/step left behind right, step forward 45 degrees right on right, pushing hips to left step left to left, pushing hips to right return weight to right
- 5-6&7-8 Step forward 45 degrees left on left, lock/step right behind left, step forward 45 degrees left on left, step forward on right, pivot turn ¼ left (weight on left, facing 3:00)

CROSS, SIDE, BEHIND, SIDE, HEEL, TOGETHER, CROSS, ¼, ½ SHUFFLE FORWARD

- 1-2-3&4& Cross/step right over left, step left to left, cross/step right behind left, step left to left, touch right heel 45 degrees forward, step right beside left
- 5-6-7&8 Cross/step left over right, turning ¼ left step back on right, turning ½ left shuffle forward left-right-left (6:00)

SIDE, ROCK, & TOGETHER, SIDE, ROCK, & TOGETHER, SIDE, ROCK, BEHIND, SIDE, CROSS

- 1-2&3-4& Step right to right, rock/step left to left, step right beside left, step left to left, step right to right, step left beside right
- 5-6-7&8 Rock/step right to right, step left in place, step right behind left, step left to left, cross/step right over left (6:00)

ROCK, ¼ BACK, & HEEL, & HEEL, HIPS LEFT, RIGHT, LEFT, RIGHT

- 1-2&3&4 Rock weight onto left, turning ¼ left return weight to right, step back on left, touch right heel forward, step back on right, touch left heel forward
- 5-6-7-8 Step left to left pushing hips left, push hips right-left-right (3:00)

CROSS, ROCK, LEFT SIDE SHUFFLE ¼ LEFT, STEP, TURN, TURN, TURN

- 1-2-3&4 Cross/step left over right, step right in place, step left to left, step right beside left, turning ¼ left step forward on left
- 5-6-7-8 Step forward on right, pivot turn ½ left, turning ½ left step back on right, turning ¼ left step left to left side (9:00)

ROCK FORWARD, BACK, BACK, FORWARD, STEP, ½ TURN, STEP, ¼ TURN

- 1-2-3-4 Rock/step forward on right, step left in place, rock/step back on right, step left in place
- 5-6-7-8 Step forward on right, pivot turn ½ left, step forward on right, pivot turn ¼ left (12:00)

ROCK FORWARD, BACK, COASTER, FORWARD, BACK, &, STEP, ½ TURN

- 1-2-3&4 Rock/step forward on right, step left in place, step back on right, step left beside right, step forward on right
- 5-6&7-8 Step forward on left, step right in place, step left beside right, step forward on right, pivot turn ½ left (6:00)

REPEAT

RESTART

After count 24 of the third sequence begin the dance again facing the back wall. (The music has a different feel, but dance through it.)

After count 8 of the sixth sequence begin the dance again facing the front wall.
