

Here Is My Heart

COPPER **KNOB**
BY STEPHENETS

拍數: 48 牆數: 1 級數: Intermediate/Advanced
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音樂: Here Is My Heart - Lionel Richie



4 CROSS BALL CHANGES TRAVELING FORWARD

1&2 Step left forward & across right, rock right to right side with ball of foot, step left in place
3&4 Step right forward & across left, rock left to left side, step right in place
5&6 Repeat counts 1&2
7&8 Repeat counts 3&4

TRAVELING PIVOT FORWARD WITH PENCIL TURN (PLATFORM SPIN) ENDING (1 & ¼ TOTAL TURN)

1 Step left forward & turn ½ left
2-3 Step right back & turn ¾ left, as you step right back bring left next to right with no weight
4 Place weight onto left foot

TRAVELING PIVOT FORWARD TURNING RIGHT ¾

5-8 Step right forward turning ½ right, step left back turning ¼ right, step right to right side, hold
(weight on right foot)

¾ WALK AROUND TURN, 2 CHA-CHA LOCKING TRIPLES FORWARD

1-2 Step left forward and across right and turn ¾ right, step right in place
3&4 Step left forward, step right up to left in 3rd position, step left forward
5&6 Step right forward, step left up to and behind right, step right forward

TRAVELING PIVOT TURN LEFT TO SYNCOPATED CHASSE' TO LEFT (SIDE STEPS AND HOLDS)

7-8 Step left forward and turn ½ left, step right back & turn ¼ left
1-2 Step left to left side, hold
&3-4 Quickly step right next to left, step left to left side, hold

¾ WALK AROUND TURN, LEFT SHUFFLE FORWARD

5-6 Step right forward and across left turning ¾ left, keep weight on right
7&8 Left shuffle forward left, right, left

¼ TURN SIDE STEP, HOLD, 2 WALKS FORWARD, ¼ LEFT SIDE STEP, CROSS TOUCH BEHIND

1-2 Turn ¼ left as you step right to right side, hold
3-4 Step forward left, step forward right
&5-6 Quickly turn ¼ right and step left to left side, cross right behind left touching toe, hold
You can put pressure on the ball of the crossed right foot but not all of your weight

UNWIND TURNING 1 FULL TURN RIGHT, LEFT SHUFFLE TO LEFT SIDE, HOLD, ¾ WALK AROUND TURN LEFT

7 Step onto right foot and unwind 1 full turn right
8&1 Left shuffle to left side
2 Hold
3-4 Step right forward & across left & turn ¾ left keeping weight on right

4 WALKS FORWARD

5-8 Walk forward left, right, left, right

REPEAT

