

# Here Is My Heart

**COPPER** KNOB  
STEPSHEETS

拍數: 48                      牆數: 2                      級數: Intermediate  
編舞者: Maureen Jones (UK) & Michelle Jones (UK)  
音樂: Here Is My Heart - Lionel Richie



## ROCK, SHUFFLE BACK, COASTER, FULL TURN

1-2                      Rock forward on right, recover back on left  
3&4                      Shuffle back stepping right, left, right  
5&6                      Step left back, step right beside left, step left forward  
7-8                      Make ½ turn left and step back on right, make ½ turn left and step forward on left  
**The full turn during counts 7-8 can be replaced with two walks forward**

## ¼ PIVOT, CROSS SHUFFLE, STEP, ½ HINGE TURN, CROSS SHUFFLE

9-10                      Step forward on right, pivot ¼ turn left  
11&12                      Step right across left, step left to left, step right across left  
13-14                      Step left to left, make ½ turn right and step right to right  
15&16                      Step left across right, step right to right, step left across right

## SIDE, BEHIND, SIDE SHUFFLE, ROCK, FORWARD COASTER

17-18                      Step right to right, step left behind right  
19&20                      Step right to right, step left beside right, step right to right  
21-22                      Rock left behind right, recover forward onto right  
23&24                      Step left forward, step right beside left, step back on left

## ROCK, FORWARD COASTER, ROCK, STEP, TOUCH

25-26                      Rock right behind left, recover forward onto left  
27&28                      Step right forward, step left beside right, step back on right  
29-30                      Rock back on left, recover forward on right  
31-32                      Step forward on left, touch right behind left heel

## TURN & KICK, STEP, TOUCH, ¼ TURN, HITCH & KICK, STEP, COASTER

&33-34                      On ball of left make ½ turn right and kick right forward, step back on right  
35-36                      Touch left toes back, make ¼ turn left and transfer weight onto left foot  
&37-38                      Hitch right knee, kick right forward, step back on right  
39&40                      Step back on left, step right beside left, step forward on left

## HEEL GRIND, COASTER, STEP, TOE-DIG, HEEL PUMP-ACTION

41-42                      Grind right heel forward, step back on left  
43&44                      Step back on right, step left beside right, step forward on right  
45-46                      Step forward on left, dig right toes beside left in-step  
&47&                      Quickly raise right knee and then push right heel slightly forward and down towards floor (do not touch floor), raise right heel  
48&                      Push right heel slightly forward and down towards floor (do not touch floor), raise right heel  
**The movement required on counts 47-48 is exactly like using a foot pump**

## REPEAT

## TAG

Insert immediately after 5th repetition

## SHUFFLE, STOMP-UP, TURN & FLICK: TWICE

1&2                      Shuffle forward stepping right, left, right  
3-4                      Stomp-up left beside right, make ½ turn right and flick left back (click fingers)

5&6

Shuffle forward stepping left, right, left

7-8

Stomp-up right beside left, make  $\frac{1}{2}$  turn left and flick right back (click fingers)

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