

# Here Is My Heart

**COPPER KNOB**  
STEPPERS

拍數: 0                      牆數: 2                      級數: Improver  
編舞者: Mervyn Beasley (UK)  
音樂: Here Is My Heart - Lionel Richie



Sequence: AB, AC, AB, AC, CBB, TAG, ACC, AA, AC

## PART A

### RIGHT ROCK STEP, ½ TRIPLE TURN, LEFT ROCK STEP, ¾ TRIPLE TURN

1-2                      Rock forward on right, rock back onto left  
3&4                      Triple step ½ right, stepping right, left, right  
5-6                      Rock forward on left, rock back onto right  
7&8                      Triple step ¾ left, stepping left, right, left

### RIGHT SIDE ROCK, CROSS SHUFFLE, LEFT SIDE ROCK, CROSS SHUFFLE

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

### HINGE TURN AND SIDE HOLD, ROCK STEP, COASTER STEP

1-2                      Step right to side, make ½ turn left stepping left to left side  
&3-4                      Step right beside left, step left to left side, hold  
5-6                      Rock forward on right, recover weight onto left  
7&8                      Step back onto right, step left beside right, step forward right

### POINT, HOLD, BEHIND & CROSS, ¼ TURN STOMP, HOLD, KICK STEP TOUCH

1-2                      Point left toe to left side, hold  
3&4                      Step left behind right, step right to right side, cross left over right  
5-6                      Stomp right ¼ turn right, hold  
7&8                      Kick left forward, step onto left, touch right toe beside left

## PART B

### OUT, OUT, HOLD, & CROSS, UNWIND TWICE

&1-2                      Step feet slightly apart (right left), hold  
&3-4                      Step left beside right, cross right over left, unwind ½ turn left  
&5-6                      Repeat counts &1-2  
&7-8                      Repeat counts &3-4

### TOE SWITCHES, CLAP TWICE, RIGHT KICK BALL CHANGE TWICE

1&2                      Touch right to right side, step right beside left, touch left to left side  
&3&4                      Step left beside right, touch right to right side, clap hands twice  
5&6                      Kick right foot forward, step on ball of right, step left beside right  
7&8                      Repeat counts 5&6

## PART C

### ¼ MONTEREY TURN TWICE

1-2                      Touch right toe to right side, on ball of left make ¼ turn right bringing right beside left  
3-4                      Touch left toe to left side, step left beside right  
5-8                      Repeat counts 1-4

### TOE HEEL STRUT BOX

- 1-2 Cross right to over left, snap down right heel
- 3-4 Step left toe back, snap down left heel
- 5-6 Step right toe to right side, snap down right heel
- 7-8 Step left toe slightly forward, snap down left heel

### **TAG**

**Dance tag only once facing back wall**

### **HIP BUMPS AND HIP ROLL**

- 1-2 Bump right hip forward twice
  - 3-4 Bump left hip back twice
  - 5-8 Roll hips full circle left
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