

Heart & Soul

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Gordon Timms (UK)
音樂: You're My Heart, You're My Soul - Modern Talking



TWO WALKS FORWARD, KICK BALL CHANGE, ROCK & RECOVER, RIGHT COASTER STEP

1-2 Walk forward right, walk forward left
3&4 Low kick forward with right foot, replace weight on right, step left next to right
5-6 Rock forward on right, recover on to left
7&8 Step back on right, step back left next to right, step forward on right (12:00)

STEP FORWARD, PIVOT ½ TURN, ½ TURNING SHUFFLE, ¼ TURN, KICK CROSS BALL CHANGE

1-2 Step forward on left, pivot turn ½ turn right
3&4 Turning ½ turn right again, shuffle backwards left, right, left
5-6 Stepping right backwards, turning ¼ turn left, step left to left side
7&8 Low kick right foot diagonally across left, step right to right side, step left across right (9:00)

SIDE, CLOSE, RIGHT CHASSE, CROSS ROCK, ¼ TURN LEFT, SAILOR STEP

1-2 Step right to right side, close left next to right
3&4 Right side chasse, slide stepping right, left, right
5-6 Cross rock left over right, recover on to right
7&8 Turn ¼ turn left, with a sailor step, stepping left, right, left (turn on 2nd step) (6:00)

FULL TURN LEFT, RIGHT FORWARD SHUFFLE, ROCK & RECOVER, LEFT COASTER STEP

1-2 Stepping back on right, turn ½ turn left, turning ½ turn left, step left forward
3&4 Right forward shuffle, stepping right, left, right
5-6 Rock forward on left foot, recover back on to right
7&8 Step back on left foot, step right next to left, step forward on left (6:00)

Restart here at 12:00 wall and at 6:00 wall

POINT TOUCH, SAILOR STEP IN SITU, POINT TOUCH, SAILOR STEP WITH ¼ TURN LEFT

1-2 Point right toe in front of left foot, point right toe out to right side
3&4 Step right foot behind left, step left to left side, step right next to left
5-6 Point left toe in front of right foot, point left toe out to left side
7&8 Turn ¼ turn left, with a sailor step, stepping left, right, left (turn on 2nd step) (3:00)

ROCK & RECOVER, THREE ¼ TURNING TRIPLE STEP, ROCK & RECOVER, LEFT COASTER CROSS

1-2 Rock forward on the right foot, recover on to left
3&4 Turning right execute a ¾ turn with a triple step, right, left, right
5-6 Rock forward on the left, recover on to right
7&8 Step back on the left, step right next to left, cross step left over right (12:00)

SIDE ROCK & RECOVER, CROSSING RIGHT SHUFFLE, ¼ TURN TWICE, KICK BALL CHANGE

1-2 Rock right foot out to right side, recover on to left
3&4 Crossing right shuffle, stepping right, left right
5-6 Stepping back on left, turn ¼ right, turning ¼ turn right, step forward on right
7&8 Low kick left foot forward, step left next to right, step right foot forward (6:00)

SIDE ROCK & RECOVER, KICK CROSS BALL CHANGE, ROCK & RECOVER, LEFT COASTER STEP

1-2 Rock left foot out to left side, recover on to right
3&4 Low kick left foot diagonally across right, step left to left side, step right across left

5-6 Rock forward on left, recover on to right
7&8 Step back on left, step right next to left, step left forward (6:00)

REPEAT

RESTART

**The first time you start the dance at the 6:00 wall, dance through 32 counts to 12:00, and restart
Next time you start the dance at the 12:00 wall, dance through 32 counts to 6:00, and restart**
