

Heart Of A Woman

COPPER **NOB**
BY STEPHEN BRETZ

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Michael Vera-Lobos (AUS)
音樂: If I Cry - Lorrie Morgan



STEP FORWARD, ½ TURN, ½ TURN, STEP TOGETHER, STEP BACK, DRAG TOE, TOUCH BACK, ½ TURN

- 1-4 Step forward right, traveling forward turn ½ right stepping onto left, turn a further ½ right stepping onto right, step left beside right
5-8 Step back right, drag left toe towards right, touch left toe back, unwind ½ left keeping weight on right

STEP BACK, DRAG TOE, TOUCH BACK, ½ TURN, ¼ ROCK, DRAG, SIDE ROCK, REPLACE

- 1-4 Step back left, drag right toe towards left, touch right toe back, unwind ½ right keeping weight on left
5-8 Turn ¼ right rocking right to right side, drag left towards right, rock left to left, rock weight center on right

CROSS, STEP SIDE, TOUCH BEHIND, ¾ STEP, STEP FORWARD, ¼ PIVOT, CROSS, HOLD

- 1-4 Cross left over right, step right to right, touch left behind right, unwind ¾ left taking weight onto left (6:00)
5-8 Step forward right, pivot ¼ left, cross right over left, hold (3:00)

SIDE ROCK, REPLACE, CROSS, HOLD, SIDE ROCK, REPLACE, CROSS, HOLD

- 1-4 Rock left to left, rock weight center on right, cross left over right, hold
5-8 Rock right to right, rock weight center on left, cross right over left, hold

STEP SIDE, ½ HINGE, ½ HINGE, DRAG, ROCK BEHIND, ROCK FORWARD, STEP SIDE, DRAG

- 1-4 Step left to left, traveling left hinge ½ right, hinge ½ right (ending weight on left), drag right toe towards left (3:00)
5-8 Rock right behind left, rock forward on left, step right to right side, drag left toe towards right

TOUCH BEHIND, ½ UNWIND, ROCK FORWARD, HOLD, ROCK BACK, ½ STEP, FULL TURN FORWARD

- 1-4 Touch left toe behind right, unwind ½ left taking weight onto left, rock forward right, hold (9:00)
5-8 Rock back on left, turn ½ right on right, traveling forward turn a full turn over right stepping left then right (3:00)

STEP FORWARD, HOLD, STEP FORWARD, ½ PIVOT, STEP FORWARD, HOLD, STEP FORWARD, ¼ PIVOT

- 1-4 Step forward left, hold, step forward right, pivot ½ left ending weight on left (9:00)
5-8 Step forward right, hold, step forward left, pivot ¼ right (ending weight on right) (12:00)

CROSS, STEP SIDE, ½ HINGE, TAP BESIDE, STEP FORWARD, DRAG BESIDE, STEP FORWARD, DRAG BESIDE

- 1-4 Travel right - cross left over right, step right to right, hinge ½ left stepping onto left, tap right beside left (6:00)
5-8 Step forward right, drag left towards right, step forward left, drag right towards left

REPEAT

TAG

At the end of wall, 2, 4 & 5

1-4

Cross rock right over left, hold, rock back on left, step right to right side

5-8

Cross rock left over right, hold, rock back on right, step left to left side
