

Heart Of Gold

COPPER KNOB
BY STEPHENETS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Elke Weinberger (NL)
音樂: Heart of Gold - Boney M.



The soundtrack kicks in with a 36 counts vocal, followed by a 52 counts instrumental. Dance starts immediately after the instrumental on vocals "I want to live, I want to give" at time track 00:55

¼ LEFT TURN, CROSS STEP, SIDE, ½ RIGHT TURN, ½ LEFT TURN, BEHIND-SIDE-CROSS, STEP-TOUCH-STEP

& Taking weight on ball of left, execute a ¼ turn left
1-2 Cross step right over left, step left to left
&3 Execute a ½ turn right on ball of left, step right to right
&4 Execute a ½ turn left on ball of right, step left to left
5&6 Step right behind left, step left to left, cross step right over left
7&8 Step left to left, touch right toe beside left, step right to right

CROSS STEP, SIDE, ½ LEFT TURN, ½ RIGHT TURN, BEHIND-SIDE-CROSS, STEP-TOUCH-STEP

9-10 Cross step left over right, step right to right
&11 Execute a ½ turn left on ball of right, step left to left
&12 Execute a ½ turn right on ball of left, step right to right
13&14 Step left behind right, step right to right, cross step left over right
15&16 Step right to right, touch left toe beside right, step left to left

¾ RIGHT TURN, FORWARD SHUFFLE, PIVOT ¼ LEFT TURN, CROSS-STEP

17 Execute a ¾ turn right on ball of left and bring right beside left (taking weight)
18&19 Step left forward, step right beside left, step left forward
20-22 Step right forward, pivot ¼ left taking weight onto left, cross step right over left

SYNCOATED "RUMBA" BOXES, SIDE SHUFFLE, HOLD, TOGETHER, SIDE, BEHIND STEP, SIDE TOUCH

23&24 Step left to left, step right beside left, step left forward
25&26 Step right to right, step left beside right, step right back
27&28 Step left to left, step right beside left, step left to left
29&30 Hold, step right beside left, step left to left side
31-32 Step right behind left, touch left toe to left

½ LEFT MONTEREY TURN, CROSS-SIDE-CROSS-SIDE-CROSS, COASTER STEP FORWARD STEPS

33 Execute a ½ turn left on ball of right and bring left beside right (taking weight)
34&35 Cross step right over left, step left to left, cross step right over left
&36 Step left to left, cross step right over left
37&38 Step left back, step right beside left, step left forward
39-40 Step right forward, step left forward

REPEAT

TAG

At end of first and third rotation. Tag should be executed facing 9:00 and 3:00 respectively

JAZZ BOX, FORWARD ROCK, RECOVER, ½ RIGHT TURNING SHUFFLE

1-4 Cross step right over left, cross step left over right, step right back, step left beside right
5-6 Step right forward, recover weight onto left
7&8 Stepping on right, left, right, complete a ½ turn right

JAZZ BOX, FORWARD ROCK, RECOVER, ½ LEFT TURNING SHUFFLE

9-12 Cross step left over right, cross step right over left, step left back, step right beside left

13-14 Step left forward, recover weight onto right

15&16 Stepping on left, right, left, complete a ½ turn left
