

Heart Of The Ocean (Coeur De La Mer) COPPER KNOB STEPSHEETS

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Lois Sturgeon (AUS)
音樂: My Heart Will Go On (Richie Jones Mix) - Céline Dion



CROSS STEP RIGHT OVER LEFT ¼ LEFT, BOUNCE HEELS, CROSS STEP LEFT OVER RIGHT, BOUNCE HEELS, CROSS STEP RIGHT OVER LEFT, STEP LEFT TO LEFT ¼ RIGHT DRAGGING LEFT TOE

- 1-2 Turning ¼ left on ball of left step right across left, bounce both heels
- 3-4 Step left across right, bounce both heels
- 5-6 Rock/step right across left, replace weight to left
- 7-8 Step big step right to right turning ¼ right (face front) drag left toe along the floor to right

CROSS STEP LEFT OVER RIGHT ¼ RIGHT, BOUNCE HEELS, CROSS STEP RIGHT OVER LEFT, BOUNCE HEELS, CROSS STEP LEFT OVER RIGHT, STEP RIGHT TO RIGHT ¼ LEFT DRAGGING RIGHT TOE

- 1-2 Turning ¼ right on ball of right step left across right, bounce both heels
- 3-4 Step right across left, bounce both heels
- 5-6 Rock/step left across right, replace weight to right
- 7-8 Step big step left to left turning ¼ left (face front) drag right toe along the floor to left

RIGHT FORWARD, SWING LEFT LEG OUT TURNING ½ RIGHT, STEP FORWARD LEFT, TOGETHER RIGHT, STEP LEFT FORWARD, SWING RIGHT LEG OUT TURNING ½ LEFT STEP FORWARD LEFT, TOGETHER RIGHT (THESE STEPS HAVE AN UP, DOWN FEEL TO THEM)

- 1 Step right forward swinging left leg out in an arc (both legs straight)
- 2 Turn ½ right on ball of right (finish with left leg straight & slightly back & to the left)
- 3-4 Step small step forward left bending knees, step together. Right bending knees
- 5 Step left forward swinging right leg out in an arc, (both legs straight)
- 6 Turn ½ left on ball of left (finish with right leg straight & slightly back & to the right)
- 7-8 Step small step forward right bending knees, step together. Left bending knees

¼ TURN LEFT STEPPING RIGHT FORWARD, SCUFF LEFT FORWARD, TURN ½ RIGHT BOUNCING RIGHT HEEL TWICE, STEP LEFT FORWARD SCUFF RIGHT, TURN ½ LEFT BOUNCING LEFT HEEL TWICE

- 1 Turning ¼ left on ball of left, step right forward
- 2 Scuff left forward with straight leg (finish with left leg straight forward & raised off floor)
- 3-4 Turn ½ turn right bouncing right heel twice (left leg straight & behind & raised off floor)
- 5 Step left forward
- 6 Scuff right forward with straight leg (finish with right leg straight forward & raised off floor)
- 7-8 Turn ½ turn left bouncing left heel twice (right leg behind & straight & raised off floor)

TURN ¼ RIGHT STEP RIGHT FORWARD INTO A ROLLING VINE FORWARD TURNING RIGHT (SINGLE OR DOUBLE TURN), LUNGE FORWARD RIGHT, HOLD, ½ TURN LEFT, HOLD

- 1-2-3-4 Turning ¼ right to face front, step right, left, right, left into a rolling vine forward turning right (note: because the music is slow, it is possible to complete 2 full turns in this rolling vine if desired)
- 5-6 Lunge forward on right bending knees, hold 1 beat
- 7-8 On balls of both feet pivot ½ turn left straightening up, hold 1 beat

STEP RIGHT FORWARD AT 45 RIGHT, LOCK LEFT BEHIND, STEP RIGHT TO RIGHT, STEP LEFT TO LEFT, STEP RIGHT ACROSS LEFT STEP LEFT FORWARD AT 45 LEFT, LOCK RIGHT BEHIND, STEP LEFT TO LEFT, STEP RIGHT TO RIGHT, STEP LEFT ACROSS RIGHT

- 1-2 Step right forward at 45 degrees right, step/lock left behind right

- &3 Step right to right side, step left to left side
- 4 Step right across left
- 5-6 Step left forward at 45 degrees left, step/lock right behind left
- &7 Step left to left side, step right to right side
- 8 Step left across right

ROCK RIGHT ACROSS LEFT, REPLACE LEFT, ROCK RIGHT ACROSS BEHIND LEFT, REPLACE LEFT, TURN ½ RIGHT STEPPING RIGHT-LEFT-RIGHT-LEFT-RIGHT WITH LEFT LOCKED BEHIND RIGHT, STEP FORWARD LEFT

- 1-2 Rock right across in front of left, replace weight back onto left
- 3-4 Rock right across behind left, replace weight forward onto left

The following steps will complete a ½ turn to right

- 5 Step right small step forward & to right (to start the turn ½ right)
- & Cross/step left behind right
- 6 Step right small step forward & to right (to continue the turn ½ right)
- & Cross/step left behind right
- 7 Step right small step forward & to right (to complete the turn ½ right)
- 8 Step left forward & across right

STEP FORWARD RIGHT ACROSS LEFT, SWING LEFT LEG TO LEFT BOUNCING ON RIGHT HEEL, STEP FORWARD LEFT ACROSS RIGHT, SWING RIGHT LEG TO RIGHT BOUNCING LEFT HEEL, ROCK FORWARD ON RIGHT, REPLACE BACK ON LEFT STEP BACK RIGHT, LEFT

- 1-2 Step right forward & across left, swing left leg to left side bouncing on right heel
- 3-4 Step left forward & across right, swing right leg to right side bouncing on left heel
- 5-6 Rock forward on right, replace weight back on left
- 7-8 Step back right, left

REPEAT

At the start of the dance when the music is soft and flowing omit the heel bounces to give the dance a softer feel! Do two walls without the bounces and then continue the dance as normal until the very last wall when the music softens again. Finish the dance on the lunge forward, straightening up without the turn.
