

A Good Heart

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Rob Fowler (ES)
音樂: A Good Heart - Feargal Sharkey



Choreographed for British Heart Foundation World Record Attempt. 2nd September 2001, Aintree Racecourse, Liverpool. Call 0151 236 6988 for more details

WALK FORWARD, KICK WITH CLAP, DIAGONAL STEPS BACK & TOUCH

- 1-2 Step forward left, step forward right
- 3-4 Step forward left, kick right forward, clapping hands
- 5-6 Step right diagonally back right, touch left beside right with clap
- 7-8 Step left diagonally back left, touch right beside left with clap

GRAPEVINE RIGHT, HIP BUMPS LEFT, HIP BUMPS RIGHT

- 9-10 Step right to right side, cross left behind right
- 11-12 Step right to right side, touch left beside right
- 13-14 Step left to left side, bumping hips left, bump hips left again
- 15-16 Bump hips to right side, bump hips right again

GRAPEVINE ¼ TURN LEFT, BRUSH, HEEL, TOE, HEEL, HOOK, HEEL, STEP

- 17-18 Step left to left side, cross right behind left
- 19-20 Step left ¼ turn left, brush right foot forward
- 21-22 Touch right heel forward, touch right toe back
- 23& Touch right heel forward, hook right heel across left leg
- 24& Touch right heel forward, step right beside left

HEEL, TOE, HEEL, HOOK, HEEL, TOUCH, LEFT & RIGHT SHUFFLE BACKS

- 25-26 Touch left heel forward, touch left toe back
- 27& Touch left heel forward, hook left heel across right leg
- 28 Touch left heel forward
- 29&30 Step back left, close right beside left, step back left
- 31&32 Step back right, close left beside right, step back right

REPEAT
