

# 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**

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