

# Free The Heart

**COPPERKNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Sylvia Schell (USA)  
音樂: Adventures In Paradise - Ace of Base



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## **CROSS, SIDE, SAILOR, STEP, ½ TURN LEFT, TRIPLE RIGHT**

1-2      Cross left over right, step right  
3&4      Cross left behind right, step right to right, step in place with left  
5-6      Step forward right, pivot ½ turn to left  
7&8      Triple right (right, left, right)

## **CROSS, SIDE, SAILOR, STEP, ½ TURN LEFT, TRIPLE RIGHT**

1-2      Cross left over right, step right  
3&4      Cross left behind right, step right to right, step in place with left  
5-6      Step forward right, pivot ½ turn to left  
7&8      Triple right (right, left, right)

## **WALK LEFT, RIGHT, HIP ROLLS, RIGHT, BEHIND & HEEL & CROSS**

1-2      Walk forward left, right  
3-4      Roll hips to the right (weight ending on left)  
5-6&      Step right to right, cross behind with left, hop onto right  
7&8      Touch left heel forward, hop back on left, cross right over left (weight goes to right)

## **LEFT, BEHIND & HEEL & CROSS, STEP, ¼ TURN LEFT, TRIPLE RIGHT**

1-2&      Step left to left, cross behind with right, hop onto left  
3&4      Touch right heel forward, hop back on right, cross left over right (weight goes to left)  
5-6      Step forward right, pivot ¼ turn left  
7-8      Triple right (right, left, right)

**REPEAT**

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