

Follow My Heart

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Annette Skaff (CAN) & Barbara R. K. Wallace (CAN)
音樂: One Heart - Céline Dion



Sequence: AAB AAB A(tag) B B(to end)

PART A

WALK FORWARD RIGHT AND LEFT, RIGHT AND LEFT HEEL SWITCHES, RIGHT TOE SIDE AND HOLD, ½ TURN RIGHT AND LEFT TOE SIDE AND HOLD

- 1-2 Walk forward right, walk forward left
3&4& Right heel forward, place weight on right foot, left heel forward, place weight on left foot
5-6 Touch right toe to right side and hold for one beat
&7-8 Make a ½ turn to the right stepping on the right foot, touch the left toe to the left side, and hold for one beat

LEFT SAILOR SHUFFLE, RIGHT SAILOR SHUFFLE, STEP SIDE LEFT, SLIDE RIGHT FOOT IN, RIGHT KNEE SWING

- 9&10 Step left behind right, step right foot to right, step left in place
11&12 Step right behind left, step left foot to left, step right in place
13-14 Step left foot to side, slide right foot in to meet left foot
15-16 Swing the right knee out to the right and return (ball of the right toe remains on the floor)

SHUFFLE FORWARD, HALF TURNING SHUFFLE RIGHT, ROCK BACK RECOVER, ROCK FORWARD RECOVER

- 17&18 Shuffle forward right, left, right
19&20 Shuffle left, right, left as you make a half turn to the right
21-22 Rock back right, recover left
23-24 Rock forward right, recover left

ROCK SIDE RIGHT RECOVER AND CROSS SHUFFLE RIGHT, ROCK SIDE LEFT RECOVER WITH ¼ TURN RIGHT AND SHUFFLE

- 25-26 Rock side right, recover left
27&28 Cross the right over the left, step in place with the left, cross the right over the left
29-30 Rock side left, recover right making a ¼ turn right
31&32 Shuffle left, right, left

PART B

VINE FOUR RIGHT, QUARTER SHUFFLE RIGHT, PIVOT RIGHT

- 1-4 Step side right, left foot behind, step side right, cross the left in front of the right foot
&5&6 Make a ¼ turn to the right, shuffle forward right, left, right
7-8 Step forward on the left foot and pivot to the right (weight is on the right foot)

VINE FOUR LEFT, QUARTER SHUFFLE LEFT, PIVOT LEFT

- 9-12 Step side left, right foot behind, step side left, cross the right in front of the left foot
&13&14 Make a ¼ turn to the left, shuffle forward left, right, left
15-16 Step forward on the right foot and pivot to the left (weight is on the left foot)

HUSTLE FORWARD, WALK BACK LEFT AND RIGHT, LEFT COASTER STEP BACK

- 17-20 Walk forward right, left, right and kick the left foot forward
21-22 Walk back left, walk back right
23&24 Step back on the left, step together with the right, step forward on the left foot

25-48 Repeat counts 1-24 of Part B

RIGHT JAZZ BOX WITH ¼ TURN RIGHT, CROSS RIGHT STEP BACK LEFT, HIP SWAYS RIGHT AND LEFT

49-52 Cross right over left, step back on the left, make a ¼ turn to the right as you step side right, step together with the left foot

53-54 Cross right over left, step back on the left

55-56 Step side right as you sway your hips to the right, sway hips to the left

TAG

Step touch right, step touch left (4 counts). You will be facing the 9:00 wall. Tag occurs after the 5th time Part A is danced

THE "FINAL TOUCH"

(optional) You will end the dance facing front in the middle of the "B" pattern with a left coaster step. Step side right and place right hand to your heart, left hand to your heart and bow the head.
