

# Follow Your Heart

**COPPER** **KNOB**  
BY STEPHEN METELNICK

拍數: 64      牆數: 4      級數:  
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)  
音樂: Sacred Trust - One True Voice



Start 32 counts into the vocals when the heavy beat starts

## LEFT FORWARD SYNCOPATED ROCK & RECOVER, ¼ RIGHT HEEL GRIND, RIGHT BACK COASTER STEP, LEFT FORWARD, ½ RIGHT PIVOT TURN

1-2            Rock left forward, recover weight on right  
&3-4          Step left together, touch right heel forward, grind heel ¼ right (weight remains on left)  
5&6          Step right back, step left together, step right forward  
7-8          Step left forward, pivot ½ right

## LEFT FORWARD SYNCOPATED ROCK & RECOVER, ¼ RIGHT HEEL GRIND, RIGHT BACK COASTER STEP, ¼ RIGHT PIVOT TURN

1-2            Rock left forward, recover weight on right  
&3-4          Step left together, touch right heel forward, grind heel ¼ right (weight remains on left)  
5&6          Step right back, step left together, step right forward  
7-8          Step left forward, pivot ¼ right

## LEFT CROSS SHUFFLE, RIGHT SIDE ROCK & RECOVER, RIGHT CROSS OVER, LEFT BACK, RIGHT ROCK BACK & RECOVER

1&2            Cross step left over right, step right to right side, cross step left over right  
3-4            Rock right to right side, recover weight on left  
5-8            Cross step right over left, step left back, rock right back, recover weight on left

## ½ LEFT, LEFT TOGETHER, SYNCOPATED HEEL TOUCH & FORWARD STEP, ½ RIGHT, RIGHT TOGETHER, SYNCOPATED HEEL TOUCH & FORWARD STEP

1-2            Turning ½ left step right back, step left together  
&3&4          Step right back, touch left heel forward, step left together, step right forward  
5-6            Turning ½ right step left back, step right together  
&7&8          Step left back, touch right heel forward, step right together, step left forward

## RIGHT FORWARD ROCK & RECOVER, RIGHT BACK COASTER STEP, LEFT ROCK FORWARD, ¼ LEFT RECOVER, LEFT SIDE TOUCH, LEFT FLICK

1-2            Rock right forward, recover weight on left  
3&4            Step right back, step left together, step right forward  
5-8            Rock left forward, recover weight on right turning ¼ left, touch left toe to left side, flick left out to left diagonal

## LEFT SAILOR STEP, SYNCOPATED LEFT WEAVE, LEFT SIDE, RIGHT TOUCH TOGETHER, ½ RIGHT, LEFT TOUCH TOGETHER

1&2            Cross step left behind right, step right to right side, step left slightly left  
3&4            Cross step right behind left, step left to left side, cross step right over left  
5-8            Step left to left side, touch right together, step right to right side turning ½ right, touch left together

## LEFT SYNCOPATED VINE, RIGHT & LEFT SYNCOPATED SIDE TOUCHES, RIGHT FORWARD ROCK & RECOVER

1-2            Step left to left side, cross step right behind left  
&3-4          Step left to left side, cross step right over left, step left slightly left

5&6& Touch right toes to right side, step right together, touch left toes to left side, step left together  
7-8 Rock right forward, recover weight on left

**¼ RIGHT TOUCH, RIGHT FLICK, RIGHT & LEFT SAILOR STEPS, ½ LEFT, LEFT TOUCH TOGETHER**

1-2 Turning ¼ right touch right toes to right side, flick right to right diagonal  
3&4 Cross step right behind left, step left to left side, step right slightly right  
5&6 Cross step left behind right, step right to right side, step left slightly left  
7-8 Turning ½ left step right back, touch left together

**REPEAT**

**TAG**

**After dancing 2 walls you will be facing the back wall. Dance the following 12 count tag before starting the dance again**

1&2 Step left forward, step right together, step left forward, 3-4 step right forward, pivot ½ left  
5&6 Turning ¼ left step right forward, turning ¼ left step left back, step right back  
7-8 Rock left back, recover weight on right  
9&10 Touch left heel forward, step left together, touch right heel forward  
&11 Step right together, touch left heel forward  
&12 Clap twice

**Dance 2 more walls of the dance bringing you to the front wall. Dance the first 8 counts of the tag (only!) Before starting the dance again. Dance will finish after count 56. Touch right to right for finale.**

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