

Don't Tread On My Heart

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Improver
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音樂: Don't Tread On My Heart - Col J Finlay & No Boundary



SECTION A

STOMP FORWARD, BOUNCE HEELS 4 TIMES, ¼ TURNING LEFT

1-8 Stomp right foot forward (on the words "don't"), bounce heels 4 times as you ¼ turn left (on the words "tread on my heart because it")

ROCK RIGHT, REPLACE, CROSS, HOLD, ROCK LEFT, REPLACE, CROSS, HOLD

1-4 Rock right to side (on the word "hurts"), replace weight left, cross right over left, hold
5-8 Rock left to side, replace weight right, cross left over right, hold

STEP BACK, BACK, STEP FORWARD, HOLD, KICK LEFT, TOGETHER, KICK RIGHT, TOGETHER

1-4 Step back right, step back left, step forward right, hold
5-8 Kick left forward, step back left, kick right forward, step back right

STEP BACK, BACK, HOLD, STEP FORWARD, ½ TURN LEFT, FORWARD, HOLD

1-4 Step back left, step back right, step forward left, hold
5-8 Step forward right, ½ pivot turn left take weight left, step forward right, hold

TWIST WALK FORWARD LEFT, HOLD RIGHT, HOLD, TWIST FORWARD LEFT-RIGHT-LEFT, HOLD

1-4 Twist to left on right step left forward, hold, twist to right on left step right forward, hold
5-8 Twist as you walk forward stepping left-right-left, hold

¼ TURNING BOX STEP, HOLD, HEEL FORWARD, HOLD, TOE BACK, HOLD

1-4 Step right over left, step back, ¼ turn right step right to side, hold
5-8 Touch left heel forward, hold, touch left toe back, hold

STEP, TOGETHER, STEP, HOLD, WALK BACK LEFT-RIGHT-LEFT ¼ TURN, TOUCH

1-4 Step left forward, step right next left, step forward left, hold
5-8 Step back right, step back left, ¼ turn right step right to side, touch left next to right

ROCK FORWARD, BACK, ½ TURN, HOLD, FORWARD, ¼ TURN, TOUCH, HOLD

1-4 Rock forward left, replace weight right, ½ turn left step forward left, hold
5-8 Step forward right, ¼ turn left take weight left, touch right next to left, hold

SECTION B

CHARLESTON STEPS FORWARD, BACK, CHARLESTON STEP BACK, FORWARD

1-4 Swing right toe around in front of left touch, hold, swing right toe around to back of left touch, hold
5-7 Take weight right as you swing left toe back behind right, hold, swing left toe around in front of right
8 Hold

¼ TURN LEFT, REPEAT CHARLESTON STEPS

1-4 Take weight on left ¼ turn left repeating above Charleston steps forward, hold, back, hold
5-8 Back, hold, forward, hold

FORWARD, LOCK FORWARD, HOLD, ROCK FORWARD, BACK, BACK FORWARD

1-4 Step right forward, lock left behind right, step right forward, hold

5-6 Rock forward left lifting right heel off floor, take weight on right

7-8 Step back on left lifting right heel off floor, take weight on right

This step is basically rocking forward, back with a heel lift

1-8 Repeat above counts on opposite side

STEP, HOLD, BEHIND, HOLD, $\frac{3}{4}$ TURN STEPPING RIGHT-LEFT-RIGHT, HOLD

1-4 Step right to side, hold, step left behind right, hold

5-8 $\frac{3}{4}$ turn right on the spot step right-left-right, hold

$\frac{1}{4}$ STEP, HOLD, BEHIND, HOLD, $\frac{3}{4}$ TURN STEPPING RIGHT-LEFT-RIGHT

1-4 $\frac{1}{4}$ turn right step left to side, hold, step right behind left, hold

5-8 $\frac{3}{4}$ turn left on the spot left-right-left, hold

These above 8 counts make a figure eight pattern, end facing front

FORWARD, LOCK, FORWARD, HOOK, BACK, HOOK, FORWARD, HOOK

1-4 Step forward right, lock left behind right, forward right, hook left foot behind right knee

5-8 Step back left, hook right foot in front left knee, step forward right, hook left foot behind right knee

STEP BACK, HOLD, CROSS, HOLD, FULL TURN ON THE SPOT, HOLD

1-4 Step back left, hold, cross right over left, hold

5-8 Full turn left on the spot stepping left-right-left (left foot should be forward), hold

ENDING

Step right forward, bounce heels 4 times $\frac{1}{4}$ turning left (on the words "don't tread on my heart") this happens 3 times. Then finish with the Charleston sequence of 16 counts. Lock step forward then step together.
