

Dance Of The Heart

COPPER KNOB
BY STEPHEN HETS

拍數: 48 牆數: 4 級數: Intermediate waltz
編舞者: Val Reeves (UK)
音樂: Their Hearts Are Dancing - The Forester Sisters



HIPS ROCKS FORWARD

1-3 Left step forward pushing left hip forward, push right hip back, left hip forward
4-6 Right step forward pushing right hip forward, push left hip back, right hip forward
7-9 Left step forward pushing left hip forward, push right hip back, left hip forward
10-12 Right step back, left step beside right, right step forward

¼ TURN LEFT ½ TURN RIGHT

Keep weight back on ¼ turn

13-15 Left step across right turning ¼ turn left, right step back, left step beside right
16-18 Turning ½ turn right step right foot forward, left step forward, right step forward
Turn immediately. Use ball of left (15) to begin turn. You will be turning backwards over right shoulder

ROCK FORWARD BACK STEP TURN ½ TURN RIGHT

19-21 Left rock forward, right rock back, left step back
22-24 Turning ½ turn right step forward right, left, right

ROCK SIDE AND ACROSS

25-27 Left rock out to left side, rock onto right, left step forward
28-30 Right rock out to right side, rock onto left, right step forward
Turn backwards again over right shoulder. Use ball of left(21) to begin turn

ROCK ¾ TURN LEFT EXTENDED VINE

31-33 Left rock forward, turn ¾ turn left stepping on right, then left
34-36 Right step right, left step behind right, right step right
37-39 Left step across right, right step right, left step behind right

ROCKS

40-42 Right rock to right, sway hips left, then right

ROLL LEFT ¼ TURN RIGHT

43-45 Turning 1 full turn left on left, right, left
46-48 Right rock across left, left rock back turning ¼ turn right, right step forward

REPEAT
