

Dancing Hearts

COPPER KNOB
BY STEPHEN BARR

拍數: 48 牆數: 1 級數: Improver waltz
編舞者: Michael Barr (USA)
音樂: Their Hearts Are Dancing - The Forester Sisters



Start dance facing the left diagonal

TWINKLE LEFT, TWINKLE RIGHT

- 1-3 Right foot stride forward on left diagonal, left foot step forward then turn to the right diagonal, right foot step forward
- 4-6 Left foot stride forward on right diagonal, right foot step forward then turn to the left diagonal, left foot step forward

TWINKLE WITH ¼ TURN RIGHT, TWINKLE RIGHT

- 1-3 Right foot stride forward on left diagonal, left foot step forward then turn to ¼ wall right, right foot step side right on right diagonal
- 4-6 Left foot stride forward on right diagonal, right foot step forward then turn to the left diagonal, left foot step forward

TWINKLE WITH ¼ TURN RIGHT - LUNGE (ROCK), RETURN, STEP SIDE TO LEFT DIAGONAL

- 1-3 Right foot stride forward on left diagonal, left foot step forward then turn to ¼ wall right, right foot step side right on right diagonal
- 4-6 Left foot lunge (rock) forward on right diagonal, return weight onto right foot in place, left foot step side left to left diagonal

STRIDE FORWARD, STEP FORWARD, STEP BACK - STRIDE BACK, STEP SIDE, STEP FORWARD

- 1-3 Right foot stride forward on left diagonal, left foot step forward, right foot step back
- 4-6 Left foot stride back, right foot step side right on right diagonal, left foot step forward on right diagonal

STRIDE FORWARD, STEP FORWARD, STEP BACK - STRIDE BACK, DRAG...

- 1-3 Right foot stride forward on right diagonal, left foot step forward, right foot step back
- 4-6 Left foot stride back on left diagonal, right foot drag towards left, right foot finish drag next to left (weight stays on left)

TWINKLE LEFT - STRIDE, ¼ TURN LEFT, ¼ TURN LEFT

- 1-3 Right foot stride forward on left diagonal, left foot step forward then turn to right diagonal, right foot step forward
- 4-6 Left foot stride forward on right diagonal, turning ¼ left step back on right foot, turning ¼ left step left foot side left

CROSS, SIDE, BEHIND - STRIDE SIDE LEFT, DRAG...

- 1-3 Right foot stride side left crossing over left, left foot step side left, right foot step side left crossing behind left
- 4-6 Left foot stride left, right foot drag towards left, right foot finish drag next to left (weight stays on left)

THREE STEP (FULL) TURN RIGHT - LUNGE, RETURN, STEP SIDE

- 1-3 Right foot stride ¼ turn right and step forward, left foot step ½ turn right and step back, right foot step ¼ turn right and step side right
- 4-6 Left foot lunge (rock) forward on right diagonal, return weight onto right foot in place, left foot step side left to left diagonal

REPEAT
