

# Chest, Heart And Stroke Strut

**COPPERKNOB**  
STEPSHEETS

拍數: 40      牆數: 4      級數: Improver  
編舞者: Mark Hood (UK)  
音樂: Two Hearts - Phil Collins



## TOE STRUTS FORWARD

- 1 Touch left toe forward
- 2 Drop left heel
- 3 Touch right toe forward
- 4 Drop right heel
- 5 Touch left toe forward
- 6 Drop left heel
- 7 Touch right toe forward
- 8 Drop right heel

## ROLLING GRAPEVINE, SCUFF

- 9 Step left to the left with a  $\frac{1}{4}$  turn left
- 10 Step right over left with a  $\frac{1}{4}$  turn to the left
- 11 Step left crossing behind right with a  $\frac{1}{2}$  turn to the left
- 12 Scuff right forward

## LONG-STEP, SLIDE WITH $\frac{1}{4}$ TURN, STOMP

- 13 Long-step right to the right
- 14-15 Slide left up to the right with  $\frac{1}{4}$  turn to the left
- 16 Stomp right beside left

## STEP, PIVOT, STEP, PIVOT

- 17 Step right forward
- 18 Pivot  $\frac{1}{2}$  to the left
- 19 Step right forward
- 20 Pivot  $\frac{1}{2}$  to the left

## GRAPEVINE, SCUFF

- 21 Step right to the right
- 22 Step left behind right
- 23 Step right to the right
- 24 Scuff left forward

## JAZZ JUMPS, CLAP TWICE

- 25 Jump forward left then right
- 26 Clap
- 27 Jump forward left then right
- 28 Clap

## MASHED POTATO X8

- 29 Step left back
- & Swivel both toes in
- 30 Step right back
- & Swivel both toes in
- 31 Step left back
- & Swivel both toes in

32 Step right back  
& Swivel both toes in  
33 Step left back  
& Swivel both toes in  
34 Step right back  
& Swivel both toes in  
35 Step left back  
& Swivel both toes in  
36 Step right back

**ROCK, ROCK, STEP, PIVOT**

37 Rock left back  
38 Rock right forward  
39 Step left forward  
40 Pivot  $\frac{1}{2}$  to the right

**REPEAT**

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