

# Chain Of Hearts

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Norma Jean Fuller (USA)  
音樂: Chains - Tina Arena



---

## TOE POINT HOLD TWICE, SHUFFLE, ROCK RECOVER

1-2            Touch right toe to right, hold  
**Option: turn head to right**  
&3-4          Touch left toe to left, hold  
**Option: turn head to left**  
5&6            Shuffle forward left-right-left  
7-8            Rock forward on right, recover weight back on left

## SHUFFLE, ROCK RECOVER, STEP TOUCH, STEP TOUCH

1&2            Shuffle back right-left-right  
3-4            Rock back on left, recover weight forward on right  
5-6            Step to left on left, touch right beside left snapping right fingers  
7-8            Step to right on right, touch left beside right snapping right fingers

## ¼ TURN SHUFFLE, STEP OUT OUT, IN, FORWARD, HIP PUSHES

1&2            Shuffle ¼ turn left left-right-left  
3-4            Step right to right, step left to left  
5-6            Step right beside left, step forward on left  
7-8            Step right to right pushing hips right, step left to left pushing hips to left (keeping upper frame straight)

## STEP TAPS

1-2            Step back diagonally right on right, tap left heel  
3-4            Step back diagonally left on left, tap right heel  
5-6            Step back diagonally right on right, tap left heel  
7-8            Step back diagonally left on left, tap right heel

## REPEAT

---