

Change Of Heart

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Terry Hogan (AUS)
音樂: I Keep Forgetting - Lee Ann Womack & Vince Gill



- 1-2 Step right foot to the side, step left forward and toward right diagonal
It will be in front of right foot but not crossed
- 3&4 Make ¼ turn left on ball of left foot and cha-cha slightly backward right-left-right
- 5-6 Rock-step left foot backward, rock forward onto right
- 7-8 Step left forward, hold while rolling hips forward over left foot
As you roll hips forward allow right foot to roll forward lifting the heel so that only the toe remains touching the floor and the right knee will be pushed forward
- 9-10 Step forward right, left
- 11&12 Cha-cha slightly forward right-left-right
- 13&14 Slide-touch left toe forward, step left beside right slide-touch right toe forward
- &15-16 Step right beside left, slide-touch left toe forward, hold
- &17-18 Step left beside right foot, rock-step right forward, rock backward onto left
- 19-20 Make ¼ turn right on ball of left foot and step right foot to the side, step left across in front of right
- 21-22 Make ¼ turn left on ball of left foot and step right foot backward, make ¼ turn left on ball of right foot and step left to the side
- 23&24 Rock-step right across in front of left foot, rock-replace weight onto left, step right foot to the side
- 25-26 Step left across in front of right foot, make ¼ turn left on ball of left foot and step right foot backward
- 27&28 Cha-cha slightly backward left-right-left
- 29-30 Rock-step right foot backward, rock forward onto left
- 31-32 Make ¼ turn left on ball of left foot and step on ball of right to the side, drop right heel
- 33-34 Step left across behind right foot, make ¼ turn right on ball of left foot and step right foot forward
- 35&36 Cha-cha slightly forward left-right-left making ½ turn right
- 37-38 Rock-step right foot backward, rock forward onto left
- 39-40 Step right forward, hold while rolling hips forward over right foot
See note on count 8 for styling
- 41-42 Step forward left, right
- 43&44 Cha-cha slightly forward left-right-left
- 45&46 Slide-touch right toe forward, step right beside left, slide-touch left toe forward
- &47-48 Step left beside right, slide-touch right toe forward, hold
- &49-50 Step right beside left foot, rock-step left forward, rock backward onto right
- 51-52 Make ¼ turn left on ball of right foot and step left foot to the side, step right across in front of left
- 53-54 Make ¼ turn right on ball of right foot and step left foot backward, make ¼ turn right on ball of left foot and step right to the side
- 55&56 Rock-step left across in front of right foot, rock-replace weight onto right, step left foot to the side
- Counts 37-56 are the same as counts 5-24 except done on the opposite foot**

57-58 Step right forward, make $\frac{1}{2}$ pivot turn left and step forward onto left foot
59-60 Step right forward, make $\frac{1}{2}$ pivot turn left and step forward onto left foot
&61-62 Step right slightly to the side, step left across in front of right, hold
& Rock-step ball of right foot slightly forward toward right diagonal
63 Replace weight on left foot making $\frac{1}{4}$ turn left
& Rock-step ball of right foot slightly forward toward right diagonal
64 Replace weight on left foot making $\frac{1}{4}$ turn left

Counts 63&64 are a paddle turn. The left foot should stay in place with only the heel lifting as the foot turns toward the new wall. The right foot does all the work and 'pushes' the body to change direction. The feet should stay close so that the right toe is no more than 6-8 inches from the left heel throughout

REPEAT

TAG

After the 2nd wall

1 Rock-step right foot to the side
2 Rock-replace weight on left making $\frac{1}{4}$ turn right
3 Make $\frac{1}{4}$ turn right on left foot and step right foot to the side
4 Slide left foot beside right
5-8 Repeat previous 4 counts
