

# Be Still My Heart

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: EmCee (UK)  
音樂: Be Still My Heart - Silje Nergaard



## TOE STRUT, TURNING SHUFFLE, TURNING SHUFFLE, STEP SWEEP

1-2      Touch right toe forward, step heel down  
3&4      ¼ turn right step left to left side, step right in place, step left slightly forward  
5&6      Step forward on right, ½ turn left step left in place, step forward on right  
7-8      Step forward on left, ½ turn right swivel on ball of left sweeping right out and round behind left

## COASTER, SCISSOR, HALF TURN, BEHIND SIDE BEHIND

1&2      Step on right, step left next to right, step right forward  
3&4      Rock out onto left, recover weight onto right, cross left in front of right  
5-6      ¼ turn right step forward onto right, ¼ turn right step onto left  
7&8      Step right behind left, step left to left side, step right behind left

### Alternative for intermediate

5-6      Full turn right  
7&8      ½ turn shuffle right (facing correct wall for the next rock recover)

## TURN ROCK RECOVER, SHUFFLE BACK, SHUFFLE BACK, ROCK RECOVER

1-2      ¼ turn left rock forward on left, recover on right  
3&4      Step back on left, step right back next to left, step left back  
5&6      Step back on right, step left back next to right, step back on right  
7-8      Step left back, rock forward onto right

## ROCK RECOVER, SHUFFLE BACK, ROCK RECOVER, KICK BALL CHANGE

1-2      Step forward on left, recover weight back onto right  
3&4      Step back on left, step right back next to left, step left back  
5-6      Step back onto right, recover weight onto left  
7&8      Kick right forward, step ball of right in place, step left in place

## REPEAT

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