

Harmless Heart

COPPER **NOB**
BY STEPHENETS

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Lu Olsen (AUS) - July 2007
音樂: Harmless Heart - Trisha Yearwood : (Album: Inside Out)



Start on Vocals

- 1-8** **CROSS ROCK, REPLACE & ¼ R, ½ R & ¼ R, CROSS, ¾ UNWIND R, SIDE ROCK L & RECOVER WEIGHT TO R, CROSS SHUFFLE L OVER R**
1,2&3&4 Cross Rock R over L, Rock back on L & Turn ¼ R on R, Turn a further ½ R, Stepping onto L & Turning ¼ R to 12:00 cross L over R (12:00) (End wt L)
5,6&7&8 Slow ¾ Unwind R (End wt R) (9:00), Rock L to L & Rock weight to R side, Cross Shuffle L over R Stepping L,R,L (9:00)
- &9-16** **& STEP BEHIND & ¼ R, ¼ R, CROSS BEHIND & ¼ L, STEP FWD & ½ PIVOT L, ¼ L, CROSS BEHIND & ¼ R, SHUFFLE FWD L**
&1&2 & Stepping R to R Cross L behind R & Turn ¼ R on R, Turn a further ¼ R, Ending with L to L dragging R towards L (3:00)
3&4& Cross R behind L & Turn ¼ L on L (12:00), Step fwd R & Pivot ½ L (6:00)
5,6&7&8 Turning ¼ L Step R to R (3:00), Cross L behind R & Turn ¼ R on R (6:00), Shuffle fwd L
- 17-24&** **TOUCH R TOE BACK & ½ REVERSE PIVOT R, STEP BACK R, FULL TRIPLE FWD L & TOUCH L TOE BACK & ½ REVERSE PIVOT L, STEP BACK L, ¾ TRIPLE FWD R & STEP BESIDE**
1&2,3&4& Touch R toe back & Pivot back ½ R, Step back on R (12:00), Full triple fwd L Stepping L,R,L (12:00) & Step R beside L
5&6,7&8& Touch L toe back & Pivot back ½ L, Step back on L (6:00), Step fwd R & Turning ½ R Step back on L, Turn a further ¼ R & Step L beside R (3:00)
- 25-32&** **SIDE ROCK R, REPLACE & STEP BESIDE, ROCK FWD, ROCK BACK & ¼ L, STEP FWD, ¼ PIVOT L (LOOK L), 1 ¼ TRIPLE R & STEP BESIDE**
1,2&3,4& Side Rock R to R, Replace wt on L & Step R beside L, Rock fwd L, Rock back on R & Turn ¼ L Stepping onto L (12:00)
5,6,7&8& Step fwd R, Pivot ¼ L (End Wt L looking L), Triple turn 1 ¼ R Stepping R,L,R & Step L beside R (12:00)
- 33-40** **COASTER FWD R, CROSS & STEP BACK, COASTER L WITH ½ L SWEEPING R, STEPPING BESIDE SWEEP L, SAILOR L**
1&2,3& Step fwd R & Step L beside R, Step back on R, Travel back - Cross L over R & Step back R (12:00) ***
4&5 Step back on L & Step R beside L, Stepping fwd L turn ½ L sweeping R to R side (6:00)
6 Stepping R beside L Sweep L out to L (6:00)
7&8 Cross L behind R & Rock R to R, Replace wt on L (6:00)

RESTART: On wall 2 dance to count 34 (Coaster fwd R) then add the following & Start dance again facing back wall

- 1&2 Travel back - Cross L over R & Step back R , Step back on L

TAG: At the end of Wall 4 you will be facing the back wall. Add the following 4 Counts

- 1,2&3,4& Cross Rock R over L, replace wt on L & turn ½ R on R (12:00), Cross Rock L over R, Rock back on R & Step L to L (12:00)

Start dance again facing front wall

FINISH: Dance to count 32& (1 ¼ Triple to front wall) & Step fwd R dragging L towards R

[EMail](#)

