

Heaven Help My Heart

COPPER KNOB
BY STEPHEN HETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Theresa Needham (UK)
音樂: Heaven Help My Heart - Tina Arena : (CD: Don't Ask)



48 count intro, starts just before vocals.

Or Music: Keith Anderson ?Every time I hear your name? CD.Three chord country. 16 count intro.

STOMP FOOT FAN X 2, ROCK ½ TURN R, L LOCKSTEP

1 & 2 Stomp R foot forward, fan foot out, in
3 & 4 Stomp L foot forward, fan foot out, in
5 & 6 Rock forward on R, recover onto L, making ½ turn R step forward on R
7 & 8 Step forward on L, lock R behind L, step forward on L

SIDE BEHIND, CHASSE R, SIDE TOGETHER FORWARD ROCK ¼ R

1 - 2 Step R to R side, cross L behind R
3 & 4 Step R to R side, step L next to R, step R to R side
5 & 6 Step L to L side, step R next to L, step forward on L
7 & 8 Rock forward on R, recover onto L, making ¼ turn R step R to R side

CROSS SHUFFLE, HEEL AND TOE, ROCK AND CROSS X 2

1 & 2 Cross L over R, step R to R side, cross L over R
3 & 4 Dig R heel forward, step R next to L, touch L toe at side of R
5 & 6 Rock L to L side, recover onto R, cross L over R
7 & 8 Rock R to R side, recover onto L, cross R over L

SIDE BEHIND SHUFFLE ¼ L, SIDE TOE TOUCHES, SHUFFLE FORWARD

1 ? 2 Step L to L side, cross R behind L
3 & 4 Step L to L side, step R beside L, make ¼ turn L stepping forward on L
5 & 6 & Touch R toe out to R side, step R beside L, touch L toe out to L side, step L next to R
7 & 8 Step forward on R, step L next to R, step forward on R

STEP PIVOT ½ TURN R, SHUFFLE ½ TURN R, BACK MAMBO FORWARD MAMBO

1 - 2 Step forward on L, pivot ½ turn R
3 & 4 Shuffle ½ turn R on a L, R, L
5 & 6 Rock back on R, recover onto L, step R beside L
7 & 8 Step forward on L, recover onto R, step L beside R

SAILOR ¼ R CROSS, SIDE ROCK AND CROSS, SIDE BEHIND ½ R

1 & 2 Making ¼ turn R, sweep R behind L, step L to L side Cross R across L
3 & 4 Rock L to L side, recover onto R, cross L over R
5 - 6 Step R to R side, cross L behind R
7 - 8 Making ¼ turn R, step forward on R, ¼ turn R stepping L to L side