

My Heart Skips A Beat

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Beginner
編舞者: Carina Slijters (NL) - October 2007
音樂: My Heart Skips a Beat - Dwight Yoakam : (CD: Dwight Sings Buck)



Intro: Starts after 20 counts (after the words 'Oh, my heart' on the beat)

Rumba Box

1. LF Step to left side
2. RF Step next to LF
3. LF Step forward
4. Hold
5. RF Step to right side
6. LF Step next to RF
7. RF Step backwards
8. Hold

Toe Struts Backwards, Slow Coaster Step, Hold

1. LF Touch toe backwards
2. LF Heel down
3. RF Touch toe backwards
4. RF Heel down
5. LF Step backwards
6. RF Step next to LF
7. LF Step forward
8. Hold

Weave Right, Side Rock, Cross, Hold

1. RF Step to right side
2. LF Cross behind RF
3. RF Step to right side
4. LF Cross over RF
5. RF Step to right side
6. LF Weight back on LF
7. RF Cross over LF
8. Hold

Weave Left, ¼ Left Forward, Together, Forward, Hold

1. LF Step to left side
2. RF Cross behind LF
3. LF Step to left side
4. RF Cross over LF
5. LF Make a ¼ turn left, step forward
6. RF Step next to LF
7. LF Step forward
8. Hold

Charleston, Hold, Slow Coaster Step, Hold

1. RF Touch toe forward
2. Hold
3. RF Step backwards
4. Hold

5. LF Step backwards
6. RF Step next to LF
7. LF Step forward
8. Hold

Charleston, Hold, ¼ Left Side, Together, ¼ Left Forward, Hold

1. RF Touch toe forward
2. Hold
3. RF Step backwards
4. Hold
5. LF Make a ¼ turn left, step to left
6. RF Step next to LF
7. LF Make a ¼ turn left, step forward
8. Hold

Rock Step Forward, Side Rock, Behind, Side, Cross, Hold

1. RF Step forward
2. LF Weight back
3. RF Step to right side
4. LF Weight back
5. RF Cross behind LF
6. LF Step to left side
7. RF Cross over LF
8. Hold

Rock Step Forward, Side Rock, Behind, ¼ Right Forward, Stomp, Hold

1. LF Step forward
2. RF Weight back
3. LF Step to left side
4. RF Weight back
5. LF Cross behind RF
6. RF Make a ¼ turn right, step forward
7. LF Stomp next to RF, weight on RF
8. Hold

Repeat
