

MY Heart Skips A Beat

COPPERKNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Angie Stokes (UK) - March 2008
音樂: My Heart Skips a Beat - Dwight Yoakam : (CD: Dwight Sings Buck)



Start on the word 'skips'

RIGHT & LEFT CHARLESTON STEPS, FORWARD RIGHT LOCK STEP, FORWARD LEFT LOCK STEP.

- 1-2 Touch Right Toes Forward, Step Back On Right.
- 3-4 Touch Left Toes Back, Step Forward On Left.
- 5&6 Step Forward On Right Lock Left Behind Right Step Forward On Right.
- 7&8 Step Forward On Left Lock Right Behind Left Step Forward On Left.

ROCK & CROSS HOLD, STEP BEHIND STEP CROSS, ROCK & CROSS HOLD, STEP, STEP BEHIND 1/4 TURN RIGHT.

- 1&2& Rock On To Right, Recover On Left, Cross Right Over Left, Hold.
- 3&4& Step Left To Left, Cross Right Behind Left, Step Left To Left, Cross Right Over Left.
- 5&6& Rock On To Left Side, Recover On Right, Cross Left Over Right Hold.
- 7&8 Step Right To Right, Cross Left Behind Right, 1/4 Turn Right Stepping Forward On Right.

FORWARD ROCK & STEP, RIGHT BACK LOCK STEP, LEFT BACK LOCK STEP RIGHT BACK ROCK & STEP.

- 1&2 Rock Forward On Left, Recover On Right, Step Back On Left.
- 3&4 Step Back On Right, Lock Left In Front Of Right, Step Back On Right.
- 5&6 Step Back On Left, Lock Right In Front Of Left, Step Back On Left.
- 7&8 Rock Back On Right, Recover On Left, Step Forward On Right.

FORWARD 1/2 TURN SHUFFLES RIGHT X2, (FULL TURN) RIGHT ROCK & STEP, BACK RIGHT ROCK & TOUCH, HOLD

- 1&2 Shuffle 1/2 Turn Right Stepping Left, Right, Left.
- 3&4 Shuffle 1/2 Turn Right Stepping Right, Left, Right.
- 5&6 Rock Forward On Left, Recover On Right, Step Back On Left.
- 7&8 Rock Back On Right, Recover On Left, Touch Right Beside Left & Hold.

THIS DANCE IS DEDICATED TO "STOKEY" MY HUBBY.
