

Me & My Heart

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Monica Christensen (DK) - June 2008
音樂: Don't Play With My Heart - Modern Talking



Intro: 32 counts

Section 1: Side Rock, Cross Shuffle, ½ Turn Right, Forward Shuffle.

1-2 Rock right to right side, Recover onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Make a ¼ turn right stepping back onto left. Turn ¼ right stepping to right side
7&8 Step left forward, close right beside left, step left forward

Section 2: Side Together, Chasse Right, Back Rock, Chasse Left.

1-2 Step right to right side, step left beside right
3&4 Step right to right side, close left to right, step, right to right side
5-6 Rock back on left, Recover on right
7&8 Step left to left side, close right to left, step left to left side

Section 3: Step, Touch, Back Lockstep, Unwind, Shuffle Left

1-2 Step right forward, Touch left toe behind right
3&4 Step left back, lock right over left, step left back
5-6 Cross right behind left, Unwind ½ turn right (weight now on right)
7&8 Step left forward, close right behind left, step left forward

Section 4: Right Mambo, Lock Step Back, Sailor ¼ Turn Right, Step, Touch

1&2 Rock forward on right. Rock back onto left. Step back on right.
3&4 Step back left. Lock right over left. Step back on left.
5&5 Step right behind left, 1/4 turn right on left, step right to right side
7-8 Step left forward, Touch right toe behind left

TAG: After 2 & 6 wall there is a 4 count tag

1-4 Rock right forward, recover on left, rock back on right, recover on left.

This dance is dedicated to the best friend in the whole world Henny Nielsen. Thank you for standing by me in tough times. Love you ?