

# Wild Hearts

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Michael Lynn (UK) - September 2008  
音樂: Crazy Days - Adam Gregory  
或: Damaged - Danity Kane : (Album: Welcome To The Dollhouse)



Music 1: 16 count intro

Music 2: 32 count intro - An extremely funky & lively track, the alt styling adds a totally different spin on the dance.

## JAZZ BOX 1/4 TURN RIGHT, LEFT KICK BALL CHANGE, STEP

1-2            Cross step right over left, step back on left,  
3-4            Step right to right side making a 1/4 turn right, touch left beside right,  
5&6          Kick left forward, step left beside right, step right in place,  
7              Step forward left.

## KITCHEN STEP, STEP, ROCK RECOVER, FULL TURN BACKWARDS, SAILOR 1/2 TURN LEFT

8&1          Hitch right knee, step right beside left, step forward left,  
2-3          Step forward right, rock forward left,  
4-5          Recover right, (over left shoulder) make 1/2 turn left stepping forward on left,  
6              Continue another 1/2 turn left stepping back on right (12)  
7&8          Sweep left foot behind right, right foot 1/2 turn left, step left to place.

**NOTE: Kitchen step is just the name I use at my class for a hitch & step :o)**

## STEP- HIPBUMPS, JUMP TOGETHER, TOE-TOUCHES

1-2-3        Step forward right (keeping weight on left), bump hips x 3,  
4              Small jump together,  
5-6          Touch right toe forward, step right beside left,  
7-8          Touch left toe forward, step left beside right.

**ALT STYLING: If you are using the POP track you can add some funkyness to the above steps.**

**Counts 1-3; Step forward right (keeping weight on left), body shake over 3 counts,**

**Count 4; Jump both feet together, swing both wrists across chest,**

**Counts 5-6; Step forward right (pop shoulders), step right beside left,**

**Counts 7-8; Step forward left (pop shoulders), step left beside right.**

## RIGHT ROCK RECOVER, 1/4 TURNING SHUFFLE RIGHT, LEFT HEEL GRIND 1/4 TURN, TOGETHER, HEEL SWIVEL 1/4 TURN

1-2            Rock forward right, recover left,  
3&4          Step right 1/4 right, close left beside right, step right to right side,  
5-6          Touch left heel forward, grind 1/4 left taking weight onto right,  
7-8          Step left beside right, swivel heels right making a 1/4 turn right (keeping weight on left).

**ALT: Counts 3&4 can be replaced with: Triple step 1& 1/4 turn right, stepping - right, left, right.**