

Heavy Heart (P)

COPPER KNOB
STEPPERS

拍數: 64 牆數: 0 級數: Intermediate Partner
編舞者: Theresa Needham (UK) & Al Gallagher (UK) - December 2008
音樂: Too Much On My Heart - The Statler Brothers : (CD: Farewell Concert)



Intro 16 count from heavy beat. 85 BPM.

Starting position - Sweetheart

***MAN. Siderock cha cha cha X 2**

1 – 2 (release R hand) Rock L to L side, recover onto R ,
3 & 4 Cha cha on the spot L R L
5 – 6 Rock R to R side, recover onto
7 & 8 Cha, cha on the spot R L R.

***LADY. Walk walk shuffle X 2 (circling round the man)**

1 – 2 (Walk, L, Walk R,
3 & 4 Shuffle, L R L.
5 – 6 Walk, R, L (Taking L hand over man's head)
7 & 8 Shuffle, R L R (resuming sweetheart position)

BOTH

ROCK RECOVER, SHUFFLE BACK, SIDE ROCK, CROSS SHUFFLE

1 – 2 Rock forward on L, recover onto R
3 & 4 Shuffle back L R L
5 – 6 Rock R to R side, recover onto L
7 & 8 Cross R over L, step L to L side, Cross R over L, (moving forward)

SIDE ROCK, CROSS SHUFFLE, FORWARD ROCK RECOVER, SHUFFLE ½ R

1 – 2 Rock L to L side, recover onto R
3 & 4 Cross L over R, step R to R side, cross L over R (moving forward)
5 – 6 Rock forward on R, recover onto L
7 & 8 Shuffle ½ turn R, R L R

***MAN. Shuffle ½ R, rock back recover, Shuffle forward, walk L R.**

1 & 2 (release L hand, raising R hand) Shuffle ½ R, L R L
3 – 4 Rock back on R, recover onto L
5 & 6 Shuffle forward, R L R
7 – 8 Walk forward, L R

***LADY. Shuffle ½ R, rock back recover, shuffle ½ L, walk back L. R**

1 & 2 Shuffle ½ R, L R L
3 – 4 Rock back on R, recover onto L
5 & 6 Shuffle ½ L, R L R (RLOD)
7 – 8 Walk back, L R

#MAN. Shuffle forward, rock recover, shuffle back, rock recover

1 & 2 Shuffle forward, L R L,
3 – 4 Rock forward on R, recover onto L
5 & 6 Shuffle back, R L R
7 – 8 Rock back on L, recover onto R

#LADY. Shuffle back, rock back, recover, shuffle ½ L, rock back, recover

1 & 2 Shuffle back, L R L

- 3 – 4 Rock back on R, recover onto L
- 5 & 6 Shuffle ½ L, R L R (resume sweetheart position) (LOD)
- 7 – 8 Rock back o L, Recover onto R

BOTH

TOUCH KICK, COASTER CROSS, POINT CROSS X 2

- 1 – 2 Touch L toe forward, kick
- 3 & 4 Step back on L, step R beside L, cross L over R
- 5 – 6 Point R to R side, step R across L
- 7 – 8 Point L to L side, step L across R

ROCK FORWARD RECOVER, SHUFFLE BACK, ROCK BACK RECOVER, WALK L. R.

- 1 – 2 Rock forward on R, recover onto L
- 3 & 4 Shuffle back, R L R
- 5 – 6 Rock back on L, recover onto R
- 7 & 8 Walk forward, L R

¼ R BEHIND SHUFFLE ¼ L, FULL TURN L, SHUFFLE

- 1 – 2 ¼ turn R, stepping L to L side, step R behind L (OLD)
 - 3 & 4 Shuffle ¼ L, L R L (LOD)
 - 5 – 6 (dropping R hand, raise L) Make ½ L, stepping back on R, ½ L, stepping forward on L (option Walk Walk)
 - 7 & 8 Shuffle forward, R L R
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