

# Heal The World

**COPPER KNOB**  
STEPSHEETS

拍數: 0                      牆數: 2                      級數: Phrased Intermediate / Advanced  
編舞者: Lin Hui Chan - January 2010  
音樂: Heal the World - Michael Jackson



Dance sequence:- A, A-, Tag, A, A-, B, A, A-, C, C, D, Ending with Hand Language

## Part A (48 cts)

### Forward R , L Rock Step , 3/4 L Sailor , Sway RL, R Lock Step

1-2-3                      Step R forward, Rock L forward & recover weight on R (12.00)  
4& 5                      Cross step L behind R, turn 3/4 Left stepping R in Place, step L to left (3.00)  
6 – 7                      Sway R, Sway L (3.00)  
8& 9                      Step R forward , step & cross L behind R, step R forward (3.00)

### 1/2 R Pivot Turn, Triple Full Turn L, R Rock Step, R Coaster Step

10 – 11                      Step forward on left, pivot 1/2 turn to right (9.00)  
12& 13                      Triple full turn left by stepping forward L R L (9.00)  
14 – 15                      Rock R Forward, recover weight on L (9.00)  
19& 17                      Step R backward, step L next to R, step R forward (9.00)

### Scuff Hitch Cross, Chasse Right, Side Rock, Back Rock

18& 19                      Scuff L, Hitch L Knee, Cross L over R (9.00)  
20& 21                      Step right to right. Step left next to right, step right to right (9.00)  
22 – 23                      Rock L to left, Recover weight on right (9.00)  
24&                      Rock back on left, recover on right, (9.00)

### Side Step, 1/2 Hinge Turn, Cross Shuffle, Side Touch, Back Rock 1/4 R Turn

25& 26                      Step L to left, Hook R beside L toe, Make 1/2 turn right step R to right (3.00)  
27& 28                      Cross Shuffle LRL (3.00)  
29 – 30                      Step R to right, Touch L next to R (3.00)  
31& 32                      Rock back L & recover weight on R, Make 1/4 right turn step L next to right. (6.00)

## A- : Dance until Count 32 only

### Rolling Vine, Cross, Diagonal Rock / Press, Behind-Side-Cross, 1/4 Lturn

33& 34                      Make a full turn to right stepping Right-Left-Right ( 6.00 )  
35-36-37                      Cross Left over Right, Rock / press R to R diagonal forward, recover weight on left (6.00)  
38& 39                      Step & cross R behind L, Step L to Left, Cross R over L (6.00)  
40                      Make a 1/4 left turn stepping L forward (3.00)

### Right Twinkle, Left Twinkle, Pivot 1/4 L Turn, Pivot 1/2 L Turn

41& 42                      Cross step R in front of L, Step ball of L to left, Step R to right (3.00)  
43& 44                      Cross step L in front of R, Step ball of R to right, Step L to left (3.00)  
45 – 46                      Step forward on R, pivot 1/4 turn Left (12.00)  
47 – 48                      Step forward on R, pivot 1/2 turn Left (6.00)

## Tag : After First A- Only.

### Right Rocking Chair

1 - 4                      Rock forward R, Recover onto L, Rock backward R, Recover onto L.

## Part B (32 cts)

### 2 Quick Step Point, 3 Back Step Point, Side Step L&R, L Rolling Vine

1& 2                      Forward quick step on R, quick step on L, Point R toe forward (12.00)

**(Hand Movement on count 2 - Bend body forward, head down & stretching both arm forward parallel to floor)**

3& 4 Back quick step on R, L , large back step on R with L toe point forward

**(Hand Movement - Raise body back to normal, hand at both side with palm facing forward)**

5 – 6 Rock/Step L to left, Rock/Step R to right (12.00)

7& 8 Make a full turn to left stepping Left-Right-Left (12.00)

**Cross Rock, Ball Change, Cross Rock, Ball Change, Pivot 1/2 Turn L x 2**

9 - 10& Cross R over L, recover weight on L, step R next to L (12.00)

11 - 12& Cross L over R, recover weight on R, step L next to R (12.00)

13 – 14 Step R forward, make pivot 1/2 turn left (6.00)

15 – 16 Step R forward, make pivot 1/2 turn left (12.00)

17 – 32 Repeat 33 - 48 of Part A (You will facing 12.00 after finish dancing Part B)

**Part C (32 cts)**

1 – 8 Walk Forward: RLRL easy step, Walk backward: RLRL easy step (12.00)

**(Raise both arm over head & Lower both arm at waist)**

**Rock Step R L x 8 cts (Plus Hand Language)**

9 – 10 Rock R to right, Hold (Hand Language: For You) (12.00)

11 – 12 Rock L to left, Hold (Hand Language: and for me) (12.00)

13 – 14 Rock R to right, Hold (Hand Language: and the entire) (12.00)

15 – 16 Rock L to left, Hold (Hand Language: Human race) (12.00)

17 – 32 Repeat 33 - 48 of Part A (You will facing 12.00 after finish dancing Part C)

**Part D (32 cts)**

**Rock Step R L x 8 cts, Hand Language x 8 cts... x 2**

**(All dance step are facing 12.00 during Part D)**

1 – 2 Rock R to right, Hold

3 – 4 Rock L to left, Hold

5 – 6 Rock R to right, Hold

7 – 8 Rock L to left, Hold

9 – 16 Hand Language (Make a better place for you & for me)

17 - 32 Repeat 1 - 16

**Ending**

1 – 8 Repeat 1 - 8 cts of Part D

9 – 16 Repeat 1 - 8 cts of Part D

17 – 56 Hand language till music fade (Save it for the children, heal the world for the living)

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