

Presenting My Heart

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Beginner
編舞者: Emily Mah (MY) - July 2010
音樂: Ba'adem Alby - Amr Diab



Starts after 2 counts

Sequence: Intro 32, 48, 48, 32, 32, 48, 48, Tag 56, 48, 48, Ending

Intro: 32 Counts

R Side Step, Together, R Side Step, Touch, L Side Step, Together, L Side Step, Touch

1-2 Step RF to right, step LF next to RF
3-4 Step RF to right, touch LF beside RF
5-6 Step LF to left, step RF next to LF
7-8 Step LF to left, touch RF beside RF

R Side Step, Together, R Side Step, Touch, L Side Step, Together, L Side Step, Touch

1-2 Step RF to right, step LF next to RF
3-4 Step RF to right, touch LF beside RF
5-6 Step LF to left, step RF next to LF
7-8 Step LF to left, touch RF beside RF

Rock Back Rf, Recover, Toe Strut Right, Rock Back Lf, Recover, Toe Strut Left

1-2 Rock back RF facing diagonal right, recover on LF
3-4 Step right toe to right, drop right heel down
5-6 Rock back LF facing diagonal left, recover on RF
7-8 Step left toe to left, drop left heel down

Left 1/4 Paddle Turns, X4 (Full Turn)

1-2 Step on ball of RF, 1/4 turn left and replace weight on ball of LF
3-4 Step on ball of RF, 1/4 turn left and replace weight on ball of LF
5-6 Step on ball of RF, 1/4 turn left and replace weight on ball of LF
7-8 Step on ball of RF, 1/4 turn left and step down on LF

Dance: 48 Counts

Diagonal Lock Step Right, Scuff, Diagonal Lock Step Left, Scuff

1-2 Step RF to diagonal right, Lock step LF behind RF
3-4 Step RF to diagonal right, Scuff LF forward
5-6 Step LF to diagonal left, Lock step RF behind LF
7-8 Step LF to diagonal left, Scuff RF forward

Right Rocking Chair, Step, 1/4 Turn Left, Cross, Hold

1-2 Rock RF forward, recover on LF
3-4 Rock RF back, recover on LF
5-6 Step RF forward, 1/4 turn left
7-8 Cross RF over LF, hold

Turn 1/2 Right, Step Lf Forward, Right Rocking Chair

1-2 Turn 1/4 right and step LF back, turn 1/4 right and step RF to right
3-4 Step LF forward, hold
5-6 Rock RF forward, recover on LF
7-8 Rock RF back, recover on LF

Cross, Side, Behind, Left Kick, Cross, Turn 1/2 Left, Touch

- 1-2 Cross RF over LF, step LF to L
- 3-4 Step RF behind LF, low kick LF to R diagonal with stomach tucked in
- 5-6 Cross LF over RF, turn 1/4 left and step RF back
- 7-8 Turn 1/4 left and step LF to left, touch RF beside LF

****RESTART HERE DURING WALLS 3 AND 4**

R Side Step, Together, R Side Step, Touch, L Side Step, Together, L Side Step, Touch

- 1-2 Step RF to right, step LF next to RF
- 3-4 Step RF to right, touch LF beside RF
- 5-6 Step LF to left, step RF next to LF
- 7-8 Step LF to left, touch RF beside RF

Left 1/4 Paddle Turns, X4 (Full Turn)

- 1-2 Step on ball of RF, 1/4 turn left and replace weight on ball of LF
- 3-4 Step on ball of RF, 1/4 turn left and replace weight on ball of LF
- 5-6 Step on ball of RF, 1/4 turn left and replace weight on ball of LF
- 7-8 Step on ball of RF, 1/4 turn left and step down on LF

Repeat

TAG: 56 Counts, To Be Danced AFTER 6th Wall, Facing 6.00**Right Side Step, Touch, Left Side Step, Touch, X2**

- 1-2 Step RF to right, touch LF to diagonal left (shimmy shoulders)
- 3-4 Step LF to left, touch RF to diagonal right (shimmy shoulders)
- 5-6 Step RF to right, touch LF to diagonal left (shimmy shoulders)
- 7-8 Step LF to left, touch RF to diagonal right (shimmy shoulders)

Right Cross, Left Point, Left Cross, Right Point, X2

- 1-2 Cross RF over LF, point LF to left
- 3-4 Cross LF over RF, point RF to right
- 5-6 Cross RF over LF, point LF to left
- 7-8 Cross LF over RF, point RF to right

Right Cross, Side, Behind, Pose, Left Cross, Side, Behind, Pose

- 1-2 Cross RF over LF, step LF to L
- 3-4 Step RF behind LF, touch LF in front of RF and pose facing R diagonal
- 5-6 Cross LF over RF, step RF to R
- 7-8 Step LF behind RF, touch RF in front of LF and pose facing L diagonal

Step Rf Forward, Hold, Pivot 1/2 Turn, Hold, X2

- 1-2 Step RF forward, hold
- 3-4 Pivot 1/2 turn left, hold
- 5-6 Step RF forward, hold
- 7-8 Pivot 1/2 turn left, hold

Diagonal Lock Step Right, Scuff, Diagonal Lock Step Left, Scuff

- 1-2 Step RF to diagonal right, Lock step LF behind RF
- 3-4 Step RF to diagonal right, Scuff LF forward
- 5-6 Step LF to diagonal left, Lock step RF behind LF
- 7-8 Step LF to diagonal left, Scuff RF forward

Cross Right, Back, Back, Hold, Cross Left, Back, Back, Hold

- 1-2 Cross RF over LF, step back on LF facing diagonal left
- 3-4 Step back on RF straightening up, hold (counts 1-3 travelling backwards)

5-6 Cross LF over RF, step back on RF facing diagonal right
7-8 Step back on LF straightening up, hold (counts 5-7 travelling backwards)

Jazz Box, Right Rock, Hold, Left Rock, Hold

1-2 Cross RF over LF, step back on LF
3-4 Step RF to right, step LF next to RF
5-6 Rock RF to right, hold (shimmy shoulders)
7-8 Rock LF to left, hold (shimmy shoulders)

RESTART: Wall 3, Restart after 32 counts facing 3.00 Wall 4, Restart after 32 counts facing 12.00

ENDING: Roll Your Hips Cw And Ccw As You Bend Your Knees And Pose!

Enjoy The Dance!
