

He Ain't Heavy

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Shanthie De Mel (AUS) - July 2010
音樂: He Ain't Heavy, He's My Brother - Cher : (CD: Gypsies, Tramps & Thieves - 3:32)



Begin: Wt on R. 16 count Intro. Start on "long"

For split floors, see Beginner Line Dance "A Long Road" & Advanced Line Dance "Journey Of Love", to the same song.

1/4 LEFT FWD, FWD, PIVOT 1/2 LEFT, SIDE, SLOW DRAG, BALL- CROSS, BALL- CROSS

1, 2 Turning 1/4 left step L fwd, step R fwd
3, 4 Pivot 1/2 left on L, take a big step on R to right side
5, 6 Slow drag L to R moving towards back, for 2 counts
&7 Step on ball of L behind R, cross R over L,
&8 Step on ball of L behind R, cross R over L (3:00)

FWD ROCK, RETURN, 1/2 LEFT FWD, FWD, PIVOT 1/2 LEFT, FWD, ROCKING CHAIR

1,2,3,4 Rock L diag fwd, return R, turning 1/2 left step L fwd, step R fwd (9:00)
5, 6 Pivot 1/2 left keeping weight on L, step fwd R (3:00)
7&8& Rock fwd L, return R, rock back L, return R (*)

***RESTART HERE FACING 9:00 ON WALL 6.**

SIDE, DRAG, SAILOR RIGHT, BALL, SIDE, DRAG, SAILOR LEFT

1, 2 Take big step on L to left side, drag R to L
3&4 Cross R behind L, step L to left side, step R to right side
&5, 6 Step on ball of L, take a big step R to right side, drag L to R
7&8 Cross L behind R, step R to right side, step L to left side (3:00)

CROSS, 1/4 RIGHT BACK, 1/4 RIGHT SIDE, SIDE, BACK, RETURN, SCUFF, 1/4 LEFT ANCHOR STEP

1, 2 Cross R over L, turning 1/4 right step back on L
3, 4 Turning 1/4 right step R to right side, step L to left side (9:00)
5, 6& Rock back R, return L, scuff R fwd
7& 8 Turning 1/4 left rock R to right side, return L, rock R in place. (6:00)

***Restart after count 16 on wall 6 facing 9:00, when the verse starts: the music will indicate.**

Ending: The dance ends facing 12:00 at count 16. The vocals slow down but keep the beat & finish with a big drag on L to the left side.

DEDICATED TO MY DEAR BABY BROTHER NIHAL.