

Hands On My Heart (P)

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 0 級數: Intermediate Partner Circle
編舞者: Vivienne Scott (CAN) - February 2011
音樂: Don't Take Your Hands Off My Heart - Dawn Sears



Sweetheart position, same footwork unless otherwise indicated. Start dancing on lyrics

[1-8] CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE

1-2 Cross rock R over L, recover on L,
3&4 Shuffle to the right stepping, r,l,r
5-6 Cross rock L over R, recover on R
7&8 Shuffle to left side stepping, l,r,l

[9-16] ROCK FORWARD, RECOVER, 1/4 TURN SHUFFLE, WEAVE

1-2 Rock forward on R, recover on L

Man behind Lady

3&4 Turn 1/4 R and shuffle to right side stepping r,l,r
5-8 Cross L over R, step R to R side, step L behind R, step R to R side

[17-24] CROSS ROCK, RECOVER, 1/4 TURN SHUFFLE

DROP R HANDS-- LADY: PIVOT 1/2 TURN X 2/MAN: ROCKING CHAIR

1-2 Cross rock L over R, recover on R
3&4 Turn 1/4 L and shuffle forward stepping l,r,l
5-6 Drop R hands-- Lady: Step R forward, pivot 1/2 turn L/ Man: Rock forward on R, Recover on L
7-8 Lady: Step R forward, pivot 1/2 turn L/Man: Rock back on R, recover on L

[25-32] SHUFFLE FORWARD, DROP LEFT HANDS-- LADY: PIVOT 1/2 TURN X 2/MAN: ROCKING CHAIR SHUFFLE FORWARD

1&2 Shuffle forward stepping r,l,r
3-4 Drop L hands-- Lady: Step L forward, pivot 1/2 turn R/Man: Rock forward on L, Recover on R
5-6 Lady: Step L forward, pivot 1/2 turn R/Man: Rock back on L, recover on R
7&8 Shuffle forward stepping l,r,l

[33-40] DROP RIGHT HANDS-- PIVOT 1/2 TURN, SHUFFLE FORWARD, DROP LEFT HANDS-- PIVOT 1/2 TURN, SHUFFLE FORWARD

1-2 Drop R hands & step forward R, pivot 1/2 turn L
3&4 Shuffle forward, r,l,r
5-6 Drop L hands & step forward L, pivot 1/2 turn R
7&8 Shuffle forward, l,r,l

[40-48] ROCKS FORWARD, SIDE, BACK, SWAYS

1-4 Rock forward on R, recover on L, rock R to right side, recover on L
5-8 Rock back on R, recover on L, step R to right side & sway R, sway L

[49-56] STEP, HOLD, ROCK BACK, RECOVER, DROP RIGHT HANDS-- LADY: 2 COUNT FULL TURN/MAN: WALKS FORWARD, SHUFFLE FORWARD

1-2 Step R to right side, hold
3-4 Rock back on L, recover on R
5-6 Drop R hands-- Man walk forward L,R/ Lady turn 1/2 R & step back on L turn 1/2 R & step forward on R
7&8 Shuffle forward stepping l,r,l

[57-64] R DIAGONAL LOCK FORWARD, BRUSH, L DIAGONAL LOCK FORWARD, BRUSH

1-4 Step R to right diagonal, lock L behind R, step R to right diagonal, brush L beside R

5-8 Step L to left diagonal, lock R behind L, step L to left diagonal, brush R beside L

Contact: (Canada) 416 588 7275 -- linedanceviv@hotmail.com -- www.stayinline.ca

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