

One Heart

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Watson (AUS) - June 2011
音樂: One Heart - Céline Dion : (Album: One Heart)



Start on Lyrics

Walk, shuffle forward, rock fwd, recover, $\frac{3}{4}$ triple L

1,2,3&4 Walk Forward R-L, Right Shuffle Forward R-L-R
5,6,7&8 Rock Forward L, Back onto R, $\frac{3}{4}$ Triple Step Turn via L shoulder, Step L-R-L

Side Rock, Behind Side Cross, Side Rock, behind side $\frac{1}{4}$ forward

1,2,3&4 Rock R to R side and back onto L, Step R behind L, L to L side and R across in front of L
5,6,7&8 Rock L to L side and back onto R, Step L behind R, R to R side and L across in front of R
doing a $\frac{1}{4}$ turn to the right (Now facing back wall)

Step $\frac{1}{2}$ L pivot Fwd & step $\frac{1}{4}$ R pivot, rock recover, coaster

1,2&3,4 Step R foot forward pivot a $\frac{1}{2}$ L, Stepping R foot together with L and step L foot forward (&
do a $\frac{1}{4}$ turn via your right shoulder take weight onto R (facing 3 O Clock)
5,6,7&8 Rock L foot forward, Right foot back, do a L coaster step

Rock fwd, recover R, step back, R heel forward & step back L step R, Step L, hips fwd back, fwd, back fwd

1,2&3&4 Rock forward onto R, Back onto L, Step R foot back and L heel forward, Step L foot back and
R foot forward with weight onto R
5,6,7&8 Step L foot forward onto a 45 degree angle pushing hips forward L, Back R then Hips L,R,L

[32] Restart in new direction (4 Walls)

Restarts: On walls 3 and 7

After beat 24 (coaster step) Restart dance!

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