

# 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, 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 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 1/2 L, Stepping R foot together with L and step L foot forward (&  
do a 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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