

The Heart That You Own

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Derek Robinson (UK) - October 2011
音樂: The Heart That You Own - Danny Estocado : (CD: My 9th Island Paniolo Ranch)



16 Counts intro.

Sec 1: CROSS ROCK FORWARD, RECOVER, FORWARD, SWEEP x 2

1-2 Cross rock right over left, recover onto left
3-4 Cross rock right over left, sweep left forward
5-6 Cross rock left over right, recover onto right
3-4 Cross rock left over right, sweep right forward

Sec 2: RIGHT ACROSS, BACK, ¼ TURN, CROSS LEFT, ¼ TURN, ¼ TURN, RIGHT SHUFFLE

1-2 Cross right over left, step back left
3-4 Step right ¼ turn right, cross left over right (3.00)
5-6 Turn ¼ left stepping back right, turn ¼ left stepping forward left (9.00)
7&8 Step forward right, step left beside right, step forward right

Sec 3: FORWARD ROCK, COASTER ¼ TURN, FORWARD RIGHT, POINT, FORWARD LEFT, POINT

1-2 Rock forward on left, recover onto right
3&4 Turn ¼ left stepping back left, step right beside left, step forward left (6.00)
5-6 Step forward right, point left toe to left side
7-8 Step forward left, point right toe to right side

Sec 4: FORWARD ROCK, TRIPLE ¾ TURN, FORWARD ROCK, COASTER STEP

1-2 Rock forward on right, recover onto left
3&4 Triple turn ¾ right, stepping right, left, right (3.00)
5-6 Rock forward on left, recover onto right
7&8 Step back left, step right beside left, step forward left

Repeat

Tag: Easy 4 count tag at the end of walls 3 & 7 (each time facing 9.00)

1-2 Step forward right, pivot ½ turn left
3-4 Step forward right, pivot ½ turn left

(Easier option) - Right rocking chair

The dance ends after 16 counts on wall 9 (Sec 2). For a nice ending you can replace the last 3 counts with:

6 Rock back on left
7-8 Recover onto right, step forward left placing right hand over heart to finish facing the front.

Enjoy the dance

Last Revision - 24th October 2011