

Rhythm of My Heart

COPPER KNOB
BY STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Roz Chaplin (UK) & Colin B Smith (UK) - January 2012
音樂: Rhythm of My Heart - Rod Stewart



32 Count intro to heavy beat, then count 16 beats from that

STEP, SWEEP, STEP, SWEEP, CROSS, SIDE, BEHIND, POINT

1-2 Step right forward, sweep left from back to front
3-4 Step left forward, sweep right from back to front
5-6 Cross right over left, step left to left side,
7-8 Step right behind left, point left to left side

BACK, POINT, BACK, POINT, SAILOR STEP X2

1-2 Step back on left point right to right side
3-4 Step back on right, point left to left side
5&6 Step left behind right, step right beside left, step left in place
7&8 Step right behind left, step left beside right, step right slightly forward

WALK, WALK, SHUFFLE, ROCK, RECOVER, COASTER STEP

1-2 Walk forward left, walk forward right
3&4 Step forward left, close right beside left, step forward left
5-6 Rock forward on right, recover onto left
7&8 Step back on right, close left beside right, step forward on left

ROCK, RECOVER, SHUFFLE ½ TURN, BACK, KICK X2

1-2 Rock forward on left, recover onto right
3&4 Shuffle ½ turn left stepping – left, right, left (6.00)
5-6 Step back on right, kick left foot forward,
7-8 Step back on left, kick right foot forward

ROCK, RECOVER, CROSS SHUFFLE, ¼ HINGE TURN X 2, CROSS SHUFFLE

1-2 Rock right to right side, recover onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Make ¼ turn to left stepping left back, make ¼ turn to left stepping right to right side (12.00)
7&8 Cross left over right, step right to right side, cross left over right

STEP, TOUCH, KICK & CROSS X 2

1-2 Step right to right side, touch left next to right
3&4 Kick left forward, step left next to right, cross right over left
5-6 Step left to left side, touch right next to left
7&8 Kick right forward, step right next to left, cross left over right

PIVOT 1/4 TURN, SHUFFLE, ROCK, RECOVER, COASTER STEP

1-2 Step right forward, pivot ¼ turn to left (9.00)
3&4 Step right forward, step left next to right, step right forward
5-6 Rock left forward, recover onto right
7&8 Step left back, step right next to left, step left forward

PIVOT 1/4 TURN, SHUFFLE, ROCK, RECOVER, COASTER STEP

1-2 Step right forward, pivot ¼ turn to left (6.00)
3&4 Step right forward, step left next to right, step right forward

5-6
7&8

Rock left forward, recover onto right
Step left back, step right next to left, step left forward
