

# This Heart

**COPPER** **KNOB**  
STEPSHEETS

拍數: 68      牆數: 2      級數: Intermediate  
編舞者: Trish Arena (AUS) - November 2011  
音樂: This Heart - Beccy Cole : (Album: Wild At Heart - 3:48)



**Starts On Vocals. - Starting Position: Feet Together, Weight On Left Foot**

## **SIDE TOE STRUT, CROSS TOE STRUT, COASTER CROSS**

1-4            TOUCH R TOE TO SIDE, DROP HEEL, TOUCH L TOE ACROSS RIGHT, DROP HEEL  
5-8            STEP R BACK, STEP L TOG, STEP R ACROSS LEFT, HOLD

## **SIDE TOE STRUT, CROSS TOE STRUT, COASTER**

9-12          TOUCH L TOE TO SIDE, DROP HEEL, TOUCH R TOE ACROSS LEFT, DROP HEEL  
13-16        STEP L BACK, STEP R TOG, STEP L FWD, HOLD

## **STEP-LOCK-STEP, SCUFF, STEP-LOCK-STEP, SCUFF**

17-20        STEP R TO RIGHT DIAG, LOCK L BEHIND RIGHT, STEP R TO RIGHT DIAG, SCUFF L  
21-24        STEP L TO LEFT DIAG, LOCK R BEHIND LEFT, STEP L TO LEFT DIAG, SCUFF R

## **FWD, ROCK, BACK, KICK, BACK, KICK, BACK, ROCK**

25-28        STEP R FWD, ROCK/REPLACE WT L, STEP R BACK, KICK L FWD  
29-32        STEP L BACK, KICK R FWD, STEP R BACK, ROCK/REPLACE WT R (12:00) ##

## **¼ TURN FWD, ¼ TURN SIDE, ¼ TURN SHUFFLE**

33-36        TURN 90° RIGHT STEP R, HOLD, TURN 90° RIGHT STEP L TO SIDE, HOLD  
37-40        TURN 90° RIGHT SHUFFLE FWD R-L-R, HOLD (9:00)

## **SIDE-ROCK-CROSS, SIDE-ROCK-CROSS**

41-44        STEP L TO SIDE, ROCK/REPLACE WT R, STEP L ACROSS RIGHT, HOLD  
45-48        STEP R TO SIDE, ROCK/REPLACE WT L, STEP R ACROSS LEFT, HOLD

## **¼ TURN FWD, ROCKING CHAIR, ¼ PIVOT**

49-52        TURN 90° LEFT STEP L, HOLD, STEP R FWD, ROCK/REPLACE WT L  
53-56        STEP R BACK, ROCK/RECOVER WT L, STEP R FWD, TURN 90° LEFT TAKE WT L (3:00)

## **CROSS SHUFFLE, ¼ TURN, SCUFF, STEP-LOCK-STEP, SCUFF, ¼ PIVOT, ¼ PIVOT**

57-60        STEP R ACROSS LEFT, STEP L TO SIDE, STEP R ACROSS LEFT, TURN 90° LEFT,  
SCUFF L  
61-64        STEP FWD L, LOCK R BEHIND LEFT, STEP FWD L, SCUFF R  
65-68        STEP R FWD, TURN 90° LEFT TAKE WT L, STEP R FWD, TURN 90° LEFT TAKE WT L  
(6:00)

## **TAG & RESTART: After Count 32 on Walls 2 & 5 (Facing BACK)**

### **## ¼ PIVOT, ¼ PIVOT**

1-4            STEP RFWD, TURN 90° LEFT TAKE WT L, STEP R FWD, TURN 90° LEFT TAKE WT L

## **BRIDGE: At the end of Wall 3 (facing BACK)**

### **VEE-STEP, ¼ PIVOT, ¼ PIVOT, VEE-STEP**

1-4            STEP R TO RIGHT DIAG, STEP LEFT TO LEFT DIAG, STEP R BACK, STEP L  
TOGETHER  
5-8            STEP R FWD, TURN 90° LEFT TAKE WT L, STEP R FWD, TURN 90° LEFT TAKE WT L  
9-12          STEP R TO RIGHT DIAG, STEP LEFT TO LEFT DIAG, STEP R BACK, STEP L  
TOGETHER

**SHORT WALLS: On Walls 6 & 8 leave out Counts 65-68 ( $\frac{1}{4}$  Pivot,  $\frac{1}{4}$  Pivot)**

**Choreographed at the special request of my friends Jan & George ..... Trish**

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