

Heart of My Mind

COPPER KNOB
STEP SHEETS

拍數: 48 牆數: 4 級數: Improver - waltz
編舞者: Kate Sala (UK) - March 2012
音樂: The Heart of My Mind - The Sweetback Sisters : (Album: Looking For A Fight)



Start after 48 Count Intro. 24 seconds in.

Cross Twinkle, Cross Twinkle.

1 2 3 Cross step L over R. Step R to right side. Step L down in place.
4 5 6 Cross step R over L. Step L to left side. Step R down in place.

Step 1/4 Turn Left Together, Together, Basic Twinkle back.

1 2 3 Step forward on L making a 1/4 turn left. Step R next to L. Step on L next to R.
4 5 6 Step back on R. Step L next to R. Step on R next to L.

Step Forward, Side Touch Right, Hold, Weave Left.

1 2 3 Step forward on L and slightly across R. Touch R toe out to right side. Hold.
4 5 6 Cross step R over L. Step L to left side. Cross step R behind L.

Step Left, Touch, Kick, Coaster Step.

1 2 Step L to left side with toes turned out to left. Touch R toe next to L instep.
3 Kick R foot forward to left diagonal.
4 5 6 Still on the diagonal step back on R. Step L next to R. Step forward on R.

Basic Twinkle Forward. Run Back.

1 2 3 Step forward on L. Step R next to L. Step on L next to R.
4 5 6 Quick steps walking back on R, L, R.

The above 6 counts are still danced on the diagonal.

Sailor Step With 3/8 Turn Left, Weave Left.

1 2 3 Cross step L behind R. Turn 3/8 Left to face 3 o'clock stepping R to right side. Step L to left side.
4 5 6 Cross step R over L. Step L to left side. Cross step R behind L.

Step Left, Drag, Sway R, L, R.

1 2 3 Take a long step on L to left side. Drag R in over 2 counts keeping weight on L.
4 5 6 Step R to right side swaying hips right. Sway hips L. Sway hips R.

Cross, Touch, Kick, Coaster Step.

1 2 Cross step L over R turning the body naturally to right diagonal. Touch R toe next to L instep.
3 Still facing the diagonal Kick R foot forward.
4 5 6 Step back on R. Step L next to R. Step forward on R.

The above coaster step is still on the diagonal, then straighten up to the side wall as you start again.

Start Again!

3 Count Tag: End of Wall 4 facing Front Wall.

1 -3 Make a small circle shape on the floor with toes of L foot drawing the shape anti-clockwise.