

My Heart's In My Hand

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Christine Stewart (NZ) - March 2012
音樂: When Love Comes Around - Alan Jackson : (Album: Drive - 3:06)



Intro: 32 counts. Begin with weight on Left foot. No Tags. No Restarts.

RIGHT HEEL GRIND, ROCK BACK, RECOVER, STEP-LOCK, OUT, OUT

- 1-2 Touch Right heel forward with toes raised off floor and pointing diagonally left, twist/fan Right heel with toes raised off floor so that toes are now pointing diagonally right
- 3-4 Step Right back, recover forward onto Left
- 5-6 Step Right forward, step Left behind Right and against Right heel
- 7-8 Step Right diagonally forward, Step Left diagonally forward (feet should be shoulder width apart with weight on left)

STEP FORWARD, TOUCH BEHIND, STEP BACK, KICK FORWARD, BACK-LOCK, STEP BACK, STEP TOGETHER

- 1-2 Step Right forward, touch toes of Left behind Right and against Right heel
- 3-4 Step Left back, kick Right forward
- 5-8 Step Right back, cross Left in front of Right, step Right back, step onto Left beside Right (weight on Left)

TOE, HEEL, SIDE TOUCH, SIDE SHUFFLE LEFT, ROCK BACK, RECOVER

- 1-2 Touch toes of Right beside Left with Right toes turned inwards and pointing at Left foot and Right heel raised off floor and pointing right (Right knee should be slightly bent and pointing towards Left knee) , touch Right heel beside Left with toes raised off floor and pointing diagonally right
- 3-4 Step Right sideways right, touch Left beside Right (weight remains on Right)
- 5&6 Step Left sideways left, step onto Right beside Left, step Left sideways left
- 7-8 Step Right back, recover forward onto Left (weight on Left)

GRAPEVINE RIGHT, TOUCH, GRAPEVINE WITH A ¼ TURN LEFT, BRUSH/SCUFF FORWARD

- 1-4 Step Right sideways right, step Left behind Right, step Right sideways right, touch Left beside Right (weight on Right)
- 5-8 Step Left sideways left, step Right behind Left, turn ¼ left and Step Left forward, brush/scuff Right heel forward ready to start dance again .

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