

Let's Protect Our Heart

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 2
編舞者: Winnie Yu (CAN) - May 2012
音樂: Boom Boom - Chayanne



Intro: 56 counts - Sequence: 64, 64, Tag 1, 64, 64, 64, Tag 2, 56, 64, 2 (ending)

Sec. 1: DIAGONAL FWD, TOUCH, BACK, KICK FWD, SHUFFLE BACK, BACK ROCK, RECOVER

1-2-3-4 Facing 11:00 step right fwd diagonal right, touch left toe cross behind right heel, square up 12:00 and step left back, kick right forward
5&6 7-8 Step right back, step left besides, step right back, rock left backward, recover onto right

Sec. 2: FWD ROCK, RECOVER, CHASSE L, CROSS ROCK, RECOVER, SAILOR 1/4 RIGHT

1-2 3&4 Rock left fwd, recover onto right, Step left to left side, step right besides left, step left to left side
5-6 Cross rock right over left, recover onto left
7&8 Step right cross behind left and make a ¼ R turn, step left next to right, step right fwd (3:00)

Sec. 3: FWD, KICK FWD, SHUFFLE BACK, 1/2 L FWD, 1/4 SIDE, LEFT COASTER

1-2 3&4 Step left forward, kick right fwd, step right back, step left besides right, step right back
5-6 Make a ½ L turn and stepping left fwd, make a ¼ L turn and stepping right to right (6:00)
7&8 Step left back, step right besides left, step left fwd

Sec. 4: FWD ROCK, RECOVER, TRIPLE FULL TURN RIGHT, LEFT JAZZ BOX SLIGHTLY CROSS

1-2 Rock right fwd, recover onto left
3&4 Make a ½ R turn and stepping right fwd, step left fwd, make a pivot ½ R turn (6:00)
5-6-7-8 Cross left over right, step right back, step left to left side, slightly cross right over left

Sec. 5: REVERSE FULL TURN L, SAILOR STEP, CROSS STRUT, BIG SIDE, DRAG TOGETHER

1-2 Make a ½ L turn left and stepping left fwd, make a ½ L turn left and stepping right back
&3&4 Sweep Left back, step left cross behind right, step right besides left, step left to left side
5-6-7-8& Cross right touch over left, drop right heel down, big step to left side, drag right step beside left

Sec. 6: CROSS, SIDE, 1/4 L SAILOR, KNEE ROLL STEP – R & L

1-2 Cross left over right, step right to right side
3&4 Make a ¼ L turn and crossing left behind right, step right besides left, step left to L side (3:00)
5-6-7-8 Rotate right knee clockwise (weight on right), rotate left knee counter clockwise (weight on left)

Sec. 7: HEEL SWITCHES, TOE SWITCHES, TOE BEHIND, 3/4 R UNWIND, DIAGONAL LEFT FWD, TOUCH

1&2& Touch right heel fwd, step right besides left, touch left heel fwd, step left besides right
3&4& Touch right to right side, step right besides left, touch left to left side, step left besides right
5-6 Touch right cross behind left heel, unwind ¾ turn right and weight on right (12:00)
7-8 Step left slightly fwd diagonally left, touch right besides left *** Restart on Wall 6 [6:00]

Sec. 8: DIAGONAL RIGHT FWD, TOUCH, FWD ROCK, RECOVER, SHUFFLE ½ L, RIGHT KICK BALL CHANGE

1-2-3-4 Step right slightly fwd diagonally right, touch left besides right, rock left fwd, recover onto right
5&6 Stepping left to left side ¼ turn left, step right besides left, ¼ turn left and stepping left fwd (6:00)
7&8 Kick right forward, step right ball besides left, step left fwd

***Tag 1: After Wall 2 facing 12:00 - 16 counts – Merengue side walk R & L**

1-8 (Step right to R side, step left next to right) x 3, step right to right side, touch left next to right

9-16 (Step left to L side, step right next to left) x 3, step left to left side, touch right next to left

****Tag 2: After wall 5 facing 6:00 – Hold 4 counts**

*****Restart: On 6th Wall, dance until section 7 than restart the dance again (6:00)**

**Ending: Step right fwd, touch left next to right and put both hands on your heart with your elbows up.....
feeling your heart Boom Boom & Let's Protect Our Heart !!!**

**Note: This dance is Choreographed FOR the Heart & Stroke Foundation AND Specially Dedicated to My Students Performance On this Charity Gala at Hilton Suites Hotel Toronto - Saturday May 26, 2012 :-
Heartily Thankful To: Agnes C., Ann H., Bernice C., Christina L., Connie M., Dodo W., Elsa L., Flora L., Hilda K., Jennifer B., Katie C., Lily C., Linda K., Maphine S., Raymond C., Samantha Y., Vincee W., Winnie Ho, Winnie Leung, Winnie Wan & Winnie Ye. - (We Dance For FunD)**

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