

# The Heart of You

COPPER KNOB  
STEP SHEETS

拍數: 72      牆數: 2      級數: Improver  
編舞者: Roz Chaplin (UK) - June 2012  
音樂: The Heart of You - Kyle Park : (CD: Fall 2010 EP)



## 32 Count Intro

### FORWARD ROCK, SHUFFLE BACK, BACK ROCK, SHUFFLE FORWARD

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

### SIDE ROCK, CROSS SHUFFLE, ROCK, SAILOR ¼ TURN

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      Rock left to left side, recover onto right  
7&8      Turn ¼ turn left stepping left behind right, step right to right side, step left in place (9)

### ROCK RECOVER, COASTER STEP, FORWARD, KICK, BACK SHUFFLE

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

### BACK ROCK, SHUFFLE ½ TURN, BACK ROCK, KICK-BALL CHANGE

1-2      Rock back on left, recover onto right  
3&4      Shuffle ½ turn left stepping left, right, left (3)  
5-6      Rock back on right, recover onto left  
7&8      Kick right foot forward, step right beside left, step left beside right

### RIGHT CHASSE, CROSS ROCK, LEFT CHASSE, BACK ROCK

1&2      Step right to right side, close left beside right, step right to right to right side  
3-4      Cross rock left over right, recover onto right  
5&6      Step left to left side, close right beside left, step left to left side  
7-8      Rock back right behind left, recover onto left

### DIAGONAL STEP-LOCK, STEP-LOCK-STEP X2

1-2      Diagonally step right forward, lock left behind right  
3&4      Diagonally step right forward, lock left behind right, diagonally step right forward  
5-6      Diagonally step left forward, lock right behind left  
7&8      Diagonally step left forward, lock right behind left, diagonally step left forward

### STEP, PIVOT ½ TURN, SHUFFLE FORWARD, FULL TURN, FORWARD SHUFFLE

1-2      Step forward on right, pivot ½ turn left (9)  
3-4      Step forward right, close left beside right, step forward right  
5&6      ½ turn right stepping back on left, ½ turn right stepping forward on right

### Easy Option : Walk forward left, walk forward right

7&8      Step left forward, close right beside left, step left forward

### ROCK, RECOVER, SHUFFLE ½ TURN, ROCK RECOVER, SHUFFLE ½ TURN

1-2      Rock forward on right, recover onto left  
3&4      Shuffle ½ turn right stepping – right, left, right (3)

5-6 Rock forward on left, recover onto right  
7&8 Shuffle ½ turn left stepping – left, right, left (9)

**STEP PIVOT ¼ TURN, CROSS SHUFFLE, SIDE TOGETHER, SHUFFLE FORWARD**

1-2 Step forward right, pivot ¼ turn left (6)  
3&4 Cross right over left, step left to left side, cross right over left  
5-6 Step left to left side, close right beside left  
7&8 Step forward left, close right beside left, step forward left

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