

Heavy on My Heart!

COPPER KNOB
BY STEPHEN HETS

拍數: 34 牆數: 2 級數: Advanced - Nightclub
編舞者: Niels Poulsen (DK) - July 2012
音樂: Heavy On My Heart - Anastacia : (iTunes)



Intro: 16 count intro (app. 13 secs. into track). Weight on L foot

Sequence: Intro, 34, 4, 34, 34, 34, 32, 34, 8, 34, 34

[1 – 8] Cross side rock, cross side rock, cross ¼ R ½ R with sweep, back twinkle, cross rock

1&2 Cross R over L (1), rock L to L side (&), recover weight to R (2) 12:00
&3& Cross L over R (&), rock R to R side (3), recover weight to L (&) 12:00
4&5 Cross R over L (4), turn ¼ R stepping L back (&), turn ½ R stepping R fw sweeping L fw (5) 9:00
6&7 Cross L over R (6), step back on R (&), step back on L opening body slightly to L side (7) 9:00
8& Cross rock R over L (8), recover weight on L (&) 9:00

[9 – 17] R basic, side behind sweep, behind ¼ R point L, lunge, ¼ R sweep, cross, ¼ R, ½ R sweep

1&2 Step R a big step to R side (1), step L behind R (&), cross R over L (2) 9:00
&3 Step L to L side (&), cross R behind L sweeping L out to L side (3) 9:00
4&5 Cross L behind R (4), turn ¼ R stepping R fw (&), point L to L turning upper-body slightly R (5) 12:00
6 – 7 Lunge L to L turning upper-body slightly L (6), turn ¼ R stepping onto R with L sweep fw (7) 3:00
8&1 Cross L over R (8), turn ¼ L stepping R back (&), turn ½ L stepping L fw with R sweep fw (1) 6:00

[18 – 24] R rock into back steps with R & L sweep, behind side point, roll 1 ¼ L, step R fw

2&3 Rock R fw (2), recover on L sweeping R to R side (&), step R back sweeping L to L side (3) 6:00
4&5 Cross L behind R (4), step R to R (&), point L to L prepping upper-body slightly to R side (5) 6:00
6&7 Turn ¼ L stepping fw on L (6), turn ½ L stepping back on R (&), turn ½ L stepping fw on L (7) 3:00
8 Step fw on R (8) 3:00

[25 – 32] ½ L, reverse ¾ R sweep, cross rock side X 2, cross, ¼ L, ½ L into ¼ sweep, cross side

1 – 2 Turn ½ L stepping L fw prepping upper-body slightly L (1), turn ½ R onto R sweeping L a ¼ R (2) 6:00
3&4 Cross rock L over R (3), recover weight back on R (&), step L a small step to L side (4) 6:00
&5& Cross rock R over L (&), recover weight back on L (5), step R a small step to R side (&) 6:00
6&7 Cross L over R (6), turn ¼ L stepping R back (&), turn ½ L stepping L fw and sweeping R a ¼ L (7) 6:00
8& Cross R over L (8), step L to L side (&) 6:00

[33 – 34] Cross, side

1 – 2 Cross R over L (1), step L to L side (2) 6:00

START AGAIN... and ENJOY!

2 TAGS - There's a 4 count tag after wall 1 (facing 6:00) and an 8 count tag after wall 6 (facing 12:00):

Tag 1: Cross rock, recover, side R, cross rock, recover, side L

1 – 2& Cross rock R over L (1), recover weight back on L (2), step R small step to R side (&) 6:00

3 – 4& Cross rock L over R (3), recover weight back on R, (4), step L a small step to L side (&) 6:00

Tag 2: Cross, L side rock cross, ¼ L X 2, cross, L side rock cross, ¼ L X 2

1 Cross R over L (1)

2&3 Rock L to L side (2), recover on R (&), cross L over R (3) 12:00

4&5 Turn ¼ L stepping back on R (4), turn ¼ L stepping L to L side (&), cross R over L (5) 6:00

6&7 Rock L to L side (6), recover on R (&), cross L over R (7) 6:00

8& Turn ¼ L stepping back on R (8), turn ¼ L stepping L to L side (&) 12:00

1 restart: On wall 5, after 32 counts, facing 6:00

FINISH You will automatically end facing 12:00. Complete your 8th wall and you're there. 12:00

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