

# Hanging Up My Heart

**COPPER KNOB**  
STEPPED METS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Martie Papendorf (SA) - February 2013  
音樂: Hanging Up My Heart - Emmylou Harris & Rodney Crowell



FREE Download of track on fb:

Download "Hanging Up My Heart" (Right-click and "Save Link As")

<http://www.npr.org/2013/01/22/168825342/heavy-rotation-5-songs-public-radio-cant-stop-playing>

No tags - No restarts

Intro. : 16 counts [+/- 8 sec.], Start on vocals

## S1: Side, Touch, Side, Touch, Side, Together, Fwd, Touch

1,2,3,4      Step R to right side, Touch L next to R, Step L to left side, Touch R next to L,

5,6,7,8      Step R to right side, Step L next to R, Step R fwd, Touch L next to R

## S2: Side, Touch, Side, Touch, Chasse ¼ left, Touch

1,2,3,4      Step L to left side, Touch R next to L, Step R to right side, Touch L next to R,

5,6,7,8      Step L to left side, Step R next to L Step L fwd making ¼ a turn left, Touch R next to L [9.00]

## S3: Rock, Hold, Recover, Hold, Behind, Side, Cross, Hold

1,2,3,4      Rock R to right side, Hold, Recover L to left side, Hold,

5,6,7,8      Cross R behind L, Step L to left side, Step R across L, Hold

## S4: Rock, Hold, Recover, Hold, Sailor step, Hitch

1,2,3,4      Rock L to left side, Hold, Recover R to right side, Hold,

5,6,7,8      Sweep out and step L behind R, Rock R to right side, Recover L to left side, Hitch R next to L

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