

# Be Careful With My Heart

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Roly Ansano (USA) - February 2013  
音樂: Please Be Careful With My Heart - Jose Mari Chan & Regine Velasquez



Alternate music: Please Be Careful With My Heart by Tay Kwei f. Christian Bautista

Intro: Start on the word 'love'

## [1-8] NIGHTCLUB TWO-STEP BASIC, TURNING NIGHTCLUB TWO-STEP BASIC

- 1-2      Step L to side, hold
- 3-4      Cross R behind L, recover to L
- 5-6      Step R to side, hold
- 7-8      Cross L behind R and turn 1/4 left, recover to R

## [9-16] SIDE STEP, TURN, HIP SWAYS, CROSS STEP

- 1-2      Step L to side & turn 1/4 left, hold
- 3-4      Step R to side and sway right-left
- 5-6      Sway right-left and recover to L
- 7-8      Cross R over L, hold

## [17-24] SIDE STEP, TURN, HALF-TURN PIVOT, FORWARD-TOUCH, BACK-TOUCH

- 1-2      Step L to side, hold
- 3-4      Turn 1/4 left and step R forward, pivot 1/2 left and recover to L
- 5-6      Step R forward, touch L behind R
- 7-8      Step L back, touch R together

## [25-32] SCISSOR STEP, LEFT COASTER STEP, STRIDE-DRAG

- 1-2      Step R to side, step L together
- 3-4      Cross R over L, step L back
- 5-6      Step R together, step L forward
- 7-8      Big step R forward, drag and touch L together

## REPEAT

### TAG:

No TAG for the Tay Kwei track.

For the Jose Mari Chan track, at the end of wall 3, facing 3.00, add

### BACK STEPS, TURN-TOUCH, SIDE STEPS, TOUCH

- 1-4      Step back L,R,L , turn 1/4 left and touch R together
- 5-8      Step R to side, step L together, step R to side, touch L together

ENDING: For the Jose Mari Chan track, at the end of wall 10, facing 3:00, add

- 1-2      Step L back and turn 1/4 left, touch R to side and pose with hands over heart

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