

My Heart Goes Boom

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Jo Kinser (UK) & John Kinser (UK) - December 2012
音樂: My Heart Goes Boom - Miss Li : (Album: Tangerine Dream. - iTunes UK)



Start the dance on the heavy beat, this 8 count is the Intro which you only do once (0:09).

*Intro: Tap Steps Rt & Lt in place (If you do not want to do the Intro then start the dance on the verse (0:12)

[1-8] Charleston Step, Step 1/4 Turn, Step 1/4 Turn

1,2 Kick Rt fwd, Step Rt back
3,4 Touch Lt back, Step Lt fwd
5,6 Step Rt fwd, Make 1/4 turn Lt stepping Lt fwd (9:00)
7,8 Step Rt fwd, Make 1/4 turn Lt stepping Lt fwd (6:00)

[9-16] Jazz Box 1/4 Hop/Sweep, Jazz Box 1/4 Stomp

1,2 Step Rt over Lt, Step Lt back
3,4 Make 1/4 turn Rt stepping Rt fwd, Hop fwd onto Lt foot Sweeping Rt from back to front (9:00)
5,6 Step Rt over Lt, Step Lt back
7,8 Make 1/4 turn Rt stepping Rt fwd, Stomp Lt fwd (12:00)

(During this section do something with your hands, Saying No, Heart beating, Sleeping.....)

[17-24] Kick Kick, Behind & Cross, 1/4 Coaster Step, Rt Lock Fwd

1,2 Kick Rt foot to Rt diagonal X2
3&4 Step Rt behind Lt, Step Lt to Lt, Step Rt over Lt
5&6 Step Lt to Lt, Make 1/4 turn Rt Stepping RT next to Lt, Step Lt fwd (3:00)
7&8 Step Rt fwd, Lock Lt behind Rt, Step Rt fwd

[25-32] Scuff Step, Scuff Step, Scuff Rock & Back, Run Run Back, Coaster Step

&1&2 Scuff Lt fwd, Step Lt fwd, Scuff Rt fwd, Step Rt fwd
&3&4 Scuff Lt fwd, Rock Lt fwd, Recover weight on Rt, Step Lt back
5&6 Step Rt back, Step Lt back, Step Rt back (3 small runs)
7&8 Step Lt Back, Step Rt next to Lt, Step Lt fwd (3:00)

(On the 4th wall Scuff on count 8 then repeat the last 8 counts stepping Lt fwd on count 1)

Tag 1: Wall 5 (12:00). 16 Counts

1-4 Small walk around Turn Rt (12:00)
5&6 Step Rt behind Lt, Step Lt to Lt, Step Rt over Lt
7,8 Step Lt to Lt, Step Rt next to Lt

1-4 Small walk around Turn Lt (12:00)
5&6 Step Lt behind Rt, Step Rt to Rt, Step Lt over Rt
7,8 Step Rt to Rt, Step Lt next to Rt

Tag 2: Wall 6 (3:00). 24 Counts

1-4 Small walk around Turn Rt (3:00)
5&6 Step Rt behind Lt, Step Lt to Lt, Step Rt over Lt
&7&8 Step Lt to Lt, Step Rt behind Lt, Step Lt to Lt, Step Rt next to Lt

&1&2 Step Lt to Lt, Cross Rock Rt over Lt, Replace weight Lt, Step Rt to Rt
&3 Step Lt over Rt, Step Rt large step Rt
4,6 Drag Lt to Rt
7,8 Step Lt large step Lt, Drag Rt next to Lt

*1-8 1& Touch Rt next to Lt, Step Rt back touching Lt fwd, Rpt RLRLRL, &8 Step Rt next to Lt,
Step Lt fwd

Ending: Facing 3:00

**Slow the dance down on the Coaster Step, make 1/4 turn Lt stepping Rt a large step to the Rt, drag Lt to Rt.
(12:00)**

HAVE FUN

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