

Unbreakable Heart

COPPER KNOB
STEPSHEETS

拍數: 16 牆數: 4 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - February 2013
音樂: Unbreakable Heart - Carlene Carter



Start after 8 count intro (this is counted as a 1&a to 4&a then start on 1) – [80 bpm – 3mins 40secs]

[1-4] R & L Dorothy Steps, R Fwd Rock & Recover, ½ R & R Fwd, ¼ Right & L Side/Behind/Side

- 1&a On right diagonal step R forward, lock L behind R, step R forward
- 2&a On left diagonal step L forward, lock R behind L, step L forward
- 3&a Rock R forward, recover weight on L, turning ½ right step R forward (6 o'clock)
- 4&a Turning ¼ right step L side, cross step R behind L, step L side (9 o'clock)

[5-8] R Cross Rock/Recover, R Side, L Cross Step, R Side, ¼ L & L Back, R Cross Step, L Side-Together-Side, R Cross Rock/Recover

- 1&a Cross rock R over L, recover weight on L, step R side
- 2&a Cross step L over R, step R side, turning ¼ left step L back (6 o'clock)
- 3&a Cross step R over L, step L side, step R together
- 4&a Step L side, cross rock R over L, recover on L

[9-12] R Side, L Back Rock/Recover, L Side, R Back Rock/Recover, ½ L & R Back, L Back Rock/Recover, L Fwd & R Spiral Turn, R Forward, L Together

- 1&a Step R side, rock L back, recover weight on R
- 2&a Step L side, rock R back, recover weight on L
- 3&a Turning ½ left step R back, rock L back, recover weight on R
- 4&a Step L forward turning a full turn R spiral, step R forward, step L together

Non-turning option for 4: step L forward

[13-16] R Fwd, L Fwd-½ R Pivot Turn-L Fwd, ½ L, ½ L, R Fwd, L Fwd-¼ R Pivot Turn-L Fwd, ½ L, ½ L

- 1&a Step R forward, step L forward, ½ R pivot
- 2&a Step L forward extended 5th, turning ½ L step R back, turning ½ L step L forward (or walk fwd 2)
- 3&a Step R forward, step L forward, ¼ R pivot
- 4&a Step L forward extended 5th, turning ½ L step R back, turning ½ L step L forward, (or walk fwd 2)

TAG End of wall 2, facing back wall add the following 8 count tag

- 1&a On right diagonal step R forward, lock L behind R, step R forward
- 2&a On left diagonal step L forward, lock R behind L, step L forward
- 3&a Rock R forward, recover weight on L, step R back
- 4&a Step L back, R back rock & recover

Begin dance again

Dance finishes bang on front wall. TA DA!!!!

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