

Heart Over Mind

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Mary E Richardson (SCO) - 2013
音樂: Heart Over Mind by Jennifer Rush – The Hit Box



40 Count Intro - Commence on vocals - Restart - Wall 2 at end of section 7

Section 1: Prissy Walks – Forward Shuffle x2

1 2 Walk right across left – Walk Left across right
3&4 Shuffle forward, right, left, right
5 6 Walk left across right, Walk right across left
7&8 Shuffle forward, left, right, left

Section2: Kick x2 – Triple ½ Turn Right – Kick x2 – Triple ½ Turn Left

1 2 Kick right forward, kick right to right side
3&4 Triple ½ turn right, stepping right, left, right
5 6 Kick left forward, kick left to left side
7&8 Triple ½ turn left, stepping, left, right, left

Section 3: Step- Cross – Chasse – Back Rock – Kick Ball Cross

1 2 Step right to right side, step left across right,
3&4 Step right to right side, close left beside right, step right to right side
5 6 Rock back on left, recover onto right
7&8 Kick left forward, step onto left in place, step right across left

Section 4: Side – Hold - & Side – Hold - Heel Touch – Toe Touch – Side Touch - Step

1 2 Step left to left side, hold
&3 4 Step right in place, Step Left to left side, hold
5 6 Touch right heel forwards, touch right toe back
7 8 Touch right out to right side, touch right beside left

Section 5: Side Rock – Cross Shuffle – Chasse – Back Rock

1 2 Rock right to right side, recover onto left in place
3&4 Step right across left, step left to left side, cross right across left
5&6 Step left to left side, close right to right side, step left to left side
7 8 Rock back on right, recover onto left

Section 6: Step– Hold – Step ½ Turn Right – Hold – step ½ Turn Left – Hold – Step - Step

1 2 Step right to right side, Hold,
3 4 Step left making ½ turn right, hold
5 6 Step right making ½ turn left, hold
&7 Step right to right side, step left to left side
&8 Step right in place, step left in place

(Note: On the hold can add finger snaps)

Section 7: Side – Close – Back Shuffle – Side – Close – Forward Shuffle

1 2 Step right to right side, close left beside right
3&4 Shuffle back, right, left, right
5 6 Step left to left side, close right beside left
7&8 Shuffle forward, left, right, left

Section 8: Heel Touch - Toe Touch – Step – Kick – Chasse – Back Rock ½ Turn Right

1 2 Touch right heel forward, touch right toe back

3 4 Step right to right side, kick left across right
5&6 Step left to left side, close right beside left, step left to left side
7 8 Rock back on right, recover onto left

Restart the dance on wall 2 at the end of section 7
