

Fix a Heart

COPPER KNOB
STEPPERS

拍數: 96 牆數: 2 級數: Intermediate waltz
編舞者: Brenna Stith (USA) - May 2013
音樂: Fix a Heart - Demi Lovato



#24 count intro

FWD BASIC, BACK BASIC

1 2 3 Step L fwd (1), Step R beside L (2), Step L beside R (3) [12:00]
4 5 6 Step R back (4), Step L beside R (5), Step R beside L (6) [12:00]

FWD BASIC ½ TURN, COASTER CROSS

1 2 3 Step L fwd (1), Make a ½ turn L stepping R back (2), Step L beside R (3) [6:00]
4 5 6 Step R back (4), Step L beside R (5), Cross R slightly over L (6) [6:30]

SIDE, BEHIND, SIDE, CROSS ROCK RECOVER, ¼ TURN

1 2 3 Step L to side (1), Step R behind L (2), Step L to side (3) [6:00]
4 5 6 Rock R over L (4), Recover weight onto L (5), Make a ¼ turn R stepping R fwd (6) [9:00]

STEP, ¾ SPIRAL TURN, STEP, SWEEP

1 2 3 Step L fwd (1), Unwind a ¾ turn R for two counts (2,3) [6:00]
4 5 6 Step R to side (4), Sweep L fwd for two counts (5,6) [6:00]

TWINKLE, CROSS, ¼ TURN, ¼ TURN

1 2 3 Cross L over R (1), Step R to side (2), recover weight onto L (3) [6:00]
4 5 6 Cross R over L (4), Make a ¼ turn R stepping L back (5), Make a ¼ turn R stepping R to side (6) [12:00]

TWINKLE, CROSS, ¼ TURN, ¼ TURN

1 2 3 Cross L over R (1), Step R to side (2), recover weight onto L (3) [12:00]
4 5 6 Cross R over L (4), Make a ¼ turn R stepping L back (5), Make a ¼ turn R stepping R to side (6) [6:00]

¼ TURN, PIVOT ½ TURN, WALK X3

1 2 3 Make a ¼ turn R stepping L fwd (1), Continue to make a ½ turn R by pivoting on L for two counts (2,3) [3:00]
4 5 6 Walk fwd R, L, R (4,5,6) [3:00]

STEP, ¾ TURN W/ SWEEP, BEHIND, SIDE ROCK RECOVER

1 2 3 Step L fwd (1), Unwind a ¾ turn R sweeping R back for two counts (2, 3) [12:00]
4 5 6 Step R behind L (4), Rock L to side (5), Recover weight onto R (6) [12:00]

DIAMOND

1 2 3 Cross L over R (1), Step R to side (2), Make a 1/8 turn L stepping L back (3) [10:30]
4 5 6 Step R back (4), Step L to side (5), Step R fwd (6) [7:30]

DIAMOND CONTINUED

1 2 3 Cross L over R (1), Step R to side (2), Make a 1/8 turn L stepping L back (3) [4:30]
4 5 6 Step R back (4), Step L to side (5), Step R fwd (6) [3]

STEP, SLOW KICK, CROSS, BACK, ½ TURN

1 2 3 Step L fwd (1), Raise R slowly like a kick for two counts (2,3) [3:00]
4 5 6 Cross R over L (4), Step L back (5), Make a ½ turn R stepping R fwd (6) [9:00]

STEP, SPIRAL, STEP, HOLD

1 2 3 Step fwd L (1), Unwind a full turn R for two counts (2,3) [9:00]
4 5 6 Step R fwd (4), Hold for two counts (5,6) [9:00]

STEP DRAG X2

1 2 3 Step L back (1), Drag R foot for two counts (2,3) [9:00]
4 5 6 Step R back (4), Drag L foot for two counts (5,6) [9:00]

STEP SWEEP X2

1 2 3 Step L back (1), Sweep R back for two counts (2,3) [9:00]
4 5 6 Step R back (4), Sweep L back for two counts (5,6) [9:00]

BACK TWINKLES X2

1 2 3 Step L behind R (1), Step R to side (2), Recover weight onto L (3) [9:00]
4 5 6 Step R behind L (4), Step L to side (5), Recover weight onto R (6) [9:00]

BEHIND, SIDE, CROSS, ¼ TURN, DRAG

1 2 3 Step L behind R (1), Step R to side (2), Cross L over R (3) [9:00]
4 5 6 Make a ¼ turn L stepping R back (4), Drag L into R (5,6) [6:00]

Restart: Happens during the 4th wall. Dance the first 30 counts. Restart right after the first twinkle, cross, ¼ turn, ¼ turn set to the 6 o'clock wall.

This dance placed 1st in the intermediate/advance category at the choreography competition at the 2013 JG Marathon.

Last Update - 9 Jun 2023
