

Love In My Heart

COPPER KNOB
STEPSHETS

拍數: 96 牆數: 4 級數: Phrased Easy Intermediate
編舞者: BM Leong (MY) - July 2013
音樂: Lian Qing Chan Zhu Wo Xin Fang – Feng Zhai Jie Mei



Sequence of dance: ABB32/ABB32/BBB32/ABB

Start the dance after 16 counts.

(Special thanks to the choreographer and dancers of Feng Zhai Sisters)

(A – 32 counts.)

- 1-4 Bump hips to right side 4 times while raising right palm to shoulder height with palm facing upward.
- 5-8 Bump hips to left side 4 times while raising left palm to shoulder height with palm facing upward.
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- 1-4 Bump hips to right side 4 times while pointing right thumb at self.
- 5-8 Bump hips to left side 4 times while pointing left thumb at self.
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- 1-2 Lift right shoulder up, hold
- 3-4 Lift left shoulder up, hold
- 5-6 Lift right shoulder up, hold
- 7-8 Lift left shoulder up, hold
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- 1-4 Right rolling vine on RLR, touch left foot beside right
- 5-8 Left rolling vine on LRL, touch right foot beside left

(B – 64 counts.)

TWIST HEELS RLR, HOLD, TWIST HEELS LRL, HOLD

- 1-8 With right foot in front, twist both heels RLRLRLRL

TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD, AND HAND ACTIONS

- 1-2 Touch right foot beside left while forming a “heart” with fingers, hold
- 3-4 Step right foot to right side while splitting hands to the sides, hold
- 5-6 Touch right foot beside left while forming a “heart” with fingers, hold
- 7-8 Step right foot to right side while splitting hands to the sides, hold
- (note: form a “heart” with both thumbs and index fingers in front of your heart / while splitting hands both palms must be open and face forward)

FORWARD MAMBO, HOLD, TRIPLE 1/2 TURN LEFT, HOLD

- 1-2 Rock right foot forward, recover onto left foot
- 3-4 Step right foot back, hold
- 5-6 1/4 turn left step left foot to left side, step right foot together
- 7-8 1/4 turn left step left foot forward, hold

RIGHT SIDE MAMBO, HOLD, LEFT SIDE MAMBO, HOLD

- 1-2 Rock right foot to right side, recover onto left
- 3-4 Step right foot together, hold
- 5-6 Rock left foot to left side, recover onto right
- 7-8 Step left foot together, hold

SIDE, TOGETHER, SIDE, TOUCH, SIDE, TOGETHER, TURN, TOUCH

- 1-2 Step right foot to right side, step left foot together
- 3-4 Step right foot to right side, touch left foot together

- 5-6 Step left foot to left side, step right foot together
7-8 1/4 turn left step left foot forward, touch right foot together

JUMP-TOUCH X 4

- 1-2 Jump right foot to right side, touch left foot together
3-4 Jump left foot to left side, touch right foot together
5-6 Jump right foot to right side, touch left foot together
7-8 Jump left foot to left side, touch right foot together
(raise right and left hands a-go-go style)

LEAN BODY RIGHT & LEFT PULLING FINGERS ACROSS EYES

- 1-4 Lean body to the right pulling right fingers across the eyes.
5-8 Lean body to the left pulling left fingers across the eyes.

FORWARD SHOULDER PUSH, HOLD

- 1-2 While bending body forward, push right shoulder forward, push left shoulder forward
3-4 Push right shoulder forward, hold
5-6 Recover and push left shoulder forward, push right shoulder forward
7-8 Push left shoulder forward, hold

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