

Frozen Heart

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Ria Vos (NL) - September 2013
音樂: Now That You're Gone (Radio Edit) - Tanya Lacey : (Single)



Intro: 16 Counts (±10 sec)

Step Fwd, Step Spiral Full Turn R, Step Fwd, Mambo Sweep, Sailor ¼ Turn L, Lock, Step to R Diagonal

1-2-3 Step Fwd on R, Step Fwd on L Spiral Full Turn R, Step Fwd on R

(non turning option: walk Fwd R-L-R)

4&5 Rock Fwd on L, Recover on R, Step Back on L Sweeping R from Front to Back

6&7 Cross R Behind L, ¼ Turn L Step Fwd on L, Step R to R Diagonal

8& Lock L Behind R, Step R to R Diagonal

Cross Rock, & Cross, Full Turn R, Rock Back, Step Pivot ¼ Turn L

1-2 Cross Rock L Over R, Recover on R

&3 Step L Back and to L Side, Cross R Over L

4&5 ¼ Turn R Step Back on L, ½ Turn R, Step Fwd on R, ¼ Turn R Step L to L Side

(non turning option: Chasse L Stepping L-R-L)

6-7 Rock Back on R, Recover on L

8& Step Fwd on R, Pivot ¼ Turn L

***Restart Point

Cross, Sweep Touch Fwd, Step Fwd, Step Pivot ¼ L, -Repeat

1 Cross R Over L Sweeping L from Back to Front

2-3 Touch L Toe Slightly Fwd with Knee Bend (angle body R), Step Fwd on L

4& Step Fwd on R, Pivot ¼ Turn L

5 Cross R Over L Sweeping L from Back to Front

6-7 Touch L Toe Slightly Fwd with Knee Bend (angle body R), Step Fwd on L

8& Step Fwd on R, Pivot ¼ Turn L

Weave L Sweep, Behind-Side, Cross with Hitch, Rock Back, Step Pivot ½ Turn L

1-2-3 Cross R Over L, Step L to L Side, Step R Behind L Sweeping L from Front to Back

4&5 Step L Behind R, Step R to R Side, Cross L Over R slightly Hitching R knee

6-7 Rock Back on R, Recover on L

8& Step Fwd on R, Pivot ½ Turn L

Restart: On wall 2 and 6 after count 16& both times facing 12:00

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