

# Swingin' Heart

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Novice - smooth WCS  
編舞者: Josefin Blomkvist (SWE) - October 2013  
音樂: Super Duper Love - Joss Stone



## FORWARD, ROCK, CROSS, SIDE, TRIPLE TURN $\frac{3}{4}$ , STEP-TURN $\frac{1}{2}$

1            RF step forward  
2            LF step forward  
&            RF rock to side  
3            LF recover  
4            RF cross over L  
5            LF step to side  
6            RF turn  $\frac{1}{2}$  to R and step to R side  
&            LF turn  $\frac{1}{4}$  to R and step forward  
7            RF step forward  
8            LF turn  $\frac{1}{2}$  to L and put weight on LF

## TOE STRUT WITH $\frac{1}{2}$ TURN x2, FORWARD, STEP-TURN $\frac{1}{2}$ , FORWARD, TURN $\frac{3}{4}$

9            RF turn  $\frac{1}{4}$  to L and touch R toe to R side  
10           RF turn  $\frac{1}{4}$  to L and step down  
11           LF turn  $\frac{1}{4}$  to L and touch L toe to L side  
12           LF turn  $\frac{1}{4}$  to L and step down  
13           RF step forward  
14           LF step forward  
&            RF turn  $\frac{1}{2}$  turn to R and put weight on R  
15           LF step forward  
16           RF close beside L and turn  $\frac{3}{4}$  to L (face 12 o'clock)

## SIDE, SLIDE, SAILOR, WAVE, $\frac{1}{4}$ TURN, ROCK-STEP BACK

17           LF step to side  
18           RF slide towards L  
19           RF cross behind L  
&            LF step to side  
20           RF step to side  
21           LF cross behind R  
&            RF turn  $\frac{1}{4}$  to R and step forward  
22           LF step forward  
23           RF rock forward  
&            LF recover  
24           RF step back

## DIAGONALLY BACK WITH HEEL TWIST, TOUCH, TURN $\frac{1}{2}$ , WIZARD, WIZARD WITH $\frac{1}{4}$ TURN

25           LF step diagonally back to L and grind right heel  
26           RF step diagonally back to R and grind left heel  
27           LF touch back  
28           LF turn  $\frac{1}{2}$  to L and put weight on L  
29           RF step to R diagonally (11:30)  
30           LF cross behind R  
&            RF step to R diagonally  
31           LF step to L diagonally (7:30)  
32           RF cross behind L

& LF turn  $\frac{1}{4}$  to L and step forward

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