

Swingin' Heart

COPPER KNOB
STEP SHEETS

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

Contact: jossan@btl.se
