

My Heart Without Him

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Kim-Fundanzer (MY) - January 2014
音樂: Wo Di Xin Li Mei You Ta – Cha Cha Dance Music



Intro: 16 counts...approximately 12 secs

SIDE ROCK, RECOVER, TRIPLE STEP, ROCK BACK, RECOVER, SHUFFLE FORWARD

1-2 Rock Rf to right, recover onto Lf
3&4 (Stepping Rf next to Lf) Cha-cha in place, R-L-R
5-6 Rock Lf back, recover onto Rf
7&8 Shuffle forward, L-R-L (12.00)

STEP, PIVOT 1/2 LEFT, SHUFFLE FORWARD, STEP, PIVOT 1/4 RIGHT, TRIPLE STEP IN PLACE

1-2 Step Rf Forward, Pivot ½ left
3&4 Shuffle Forward, R-L-R
5-6 Step Lf forward, pivot ¼ right
7&8 (Stepping Lf next to Rf) Cha-cha in place, L-R-L (9.00)

RIGHT MAMBO, LEFT MAMBO, SIDE TOUCH, FLICK 1/4 TURN LEFT, SHUFFLE FORWARD

1&2 Rock Rf to side, recover onto Lf, step Rf next to Lf
3&4 Rock Lf to side, recover onto Rf, step Lf next to Rf
5-6 Touch Right toe to the side, flick Right toe making ¼ turn left, on ball of Lf
7&8 Shuffle forward. R-L-R (6.00)

STEP, PIVOT 3/4 RIGHT, SIDE SHUFFLE, ROCK BACK, RECOVER, KICK-BALL-CHANGE

1-2 Step Lf forward, make ¾ turn right, stepping Rf in place
3&4 Shuffle to the side, L-R-L
5-6 Rock Rf back, recover onto Lf
7&8 Kick Rf slightly across Lf, step on ball of Rf next to Lf, Step Lf in place (3.00)

Restarts: -

At wall 4 (9 o'clock), dance to 16 counts, Restart dance, facing 6 o'clock

At wall 8 (3 o'clock), dance to 16 counts, Restart dance, facing 12 o'clock

Have fun, enjoy!

Contact: kim_fundanzer@yahoo.com