

Impossible Heart

COPPER KNOB
STEP SHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Mike Hitchen (UK) - March 2014
音樂: Impossible Heart - Paloma Faith : (Album: A Perfect Contradiction - iTunes)



Note: There are 2 Restarts - Wall: 2, Wall: 5, Both After 32 counts On Same Wall

16 count intro start on vocals, Note 6 0 clock wall only danced once

Step Lock, Step Lock Step Rock Step, 1/4 Chasse Left

1-2 Step right forward, Lock left behind right.
3&4 Step right forward, Lock left behind right, Step right forward.
5-6 Rock left forward, Recover to right.
7&8 Step left 1/4 turn left, Step right together, Step left to side

Cross Right Over Left, 1/4 Turn Right, 1/4 Turn Chasse, Cross Rock, 2 X 1/4 Turns Left.

1-2 Cross right over left, Turn 1/4 turn right Stepping left back.
3&4 Step right 1/4 turn right, Step left together, Step right to side.
5-6 Cross rock left over right, Recover right.
7&8 Step left 1/4 turn left, Step right 1/4 turn left.

Step left back, Sweep Right, Sweep left, Left Sailor Right Sailor.

1-2 Step left back, Sweep right,
3-4 Step right back, Sweep left,
5&6 Step left behind right, Step right to side. Step left to side.
7&8 Step right behind left, Step left to side, Step right to side.

Jazz Box 1/4 Turn Left, Side Rock Cross Shuffle.

1-2 Cross left over right, Turn 1/4 turn left Stepping right back.
3-4 Step left to side, Cross right over left.
5-6 Rock left to side, Recover to right.
7&8 Cross left over right, Step right to side, Cross left over right. (Restart here)

3/4 Turn Left, Right Shuffle, Rock Step, Shuffle 1/2 Turn.

1-2 Turn 1/4 turn left stepping right back, Turn 1/2 turn left stepping left forward.
3&4 Step right forward, Step left together, Step right forward.
5-6 Rock forward on left, Recover to right.
7&8 Step left 1/4 turn left, Step right together, Step left 1/4 turn left.

Turn Touch, Step Touch, Coaster Step, Walk Walk.

1-2 Step right forward 1/4 turn left, Touch left beside right.
3-4 Step left to side, Touch right beside left
5&6 Step right back, Step left together, Step right forward.
7-8 walk forward left, Walk forward right.

Rock Step, Shuffle 1/2 Turn Left, 3/4 Triple Turn left, Coaster Step.

1-2 Rock forward on left, Recover to right.
3&4 Step left 1/4 turn left, Step right together, Step left 1/4 turn left.
5&6 3/4 Triple turn left on the spot RLR.
7&8 Step left back, Step right together, Step left forward.

2 X Toe Struts, kick and touch, kick and touch

1-2 Touch right toe forward, Step down on heel.

3-4 Touch left toe forward, Step down on heel.
5&6 Kick right forward. Step on right, Touch left to side.
7&8 kick left forward, Step on left, Touch right to side.

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