

Hands on Heart

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - May 2014
音樂: Hand On Heart - Olly Murs : (Album: Right Place Right Time - Deluxe Edition)



Intro: Start after 16 counts

[1 – 8] □ Step Fwd, Rocking Chair, $\frac{3}{4}$ Turn R with Lockstep, Mambo Step, Step Back, Together

1 Step L fwd
2&3& Rock R fwd, Recover on L, Rock R back, Recover on L
4 & 5 $\frac{1}{2}$ Turn R step R fwd, Lock L behind R, $\frac{1}{4}$ Turn R step R fwd (09.00)
6 & 7 Rock L fwd, Recover on R, Step L back
8 & Step R back, Step L next to R

[9-16] □ Vaudeville , Prissy Walks, Step fwd, Pivot $\frac{1}{2}$ L, Step fwd, Full Turn L

1&2& Step R across L, Step L back, Touch R heel fwd, Step R down
3 – 4 Step L across R, Step R across L
5 & 6 Step L fwd , Pivot $\frac{1}{2}$ Turn R, Step L fwd (03.00)
7 - 8 $\frac{1}{2}$ Turn L step R back, $\frac{1}{2}$ Turn L step L fwd

[17-25] □ Side, Sailor Point, $\frac{1}{4}$ Turn L, Syncopated Jazz Box, Side Rock , $\frac{1}{4}$ L , Step fwd □

1 Step R to R side
2 & 3 Sweep L behind R, Step R to R side, Point L to L side
4 $\frac{1}{4}$ Turn L step L down and sweep R fwd (12.00)
5 Step R across L
6 & 7 Step L back, Step R to R side, Step L across R
8 & 1 Rock R to R side, Recover on L making $\frac{1}{4}$ Turn L, Step R fwd (09.00)

Hand options: count 3: You can put your hands on your heart and facing diag. right

[26-32] □ Cross, Full Turn R, Step fwd, Step Fwd, Pivot $\frac{1}{4}$ Turn R, $\frac{3}{4}$ Turn L, Step fwd

2 – 3 Step L across R, Full Turn R (Weight on L)
4 Step R fwd
5 & 6 Step L fwd, Pivot $\frac{1}{4}$ Turn R, Step L across R (12.00)
7 & 8 $\frac{1}{4}$ Turn L step R back, $\frac{1}{2}$ Turn L step L fwd , Step R fwd □ (03.00)

Restart during wall 5 (facing 3 O'clock wall):

After count 16 add an & count Step R next to L and start again with count 1

Ending: End last wall after count 30 facing the front wall

Contact - Website: www.franciensittrop.nl