

# Hands on Heart

COPPERKNOB  
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

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