

Take This Heart

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: Debbie Ellis (ES) - August 2014
音樂: Take This Heart - Richard Marx : (Album: Greatest Hits)



Intro – 24 counts from heavy beat, Start on vocals.

Walk, Walk, Kick Ball Change x2, Forward Rock, Recover.

1 - 2 Step fwd Right , Left.
3 & 4 Kick Right fwd, Recover on ball of Right, step Left in place.* wall 3
5 & 6 Kick Right fwd, Recover on ball of Right, step Left in place.
7 - 8 Rock fwd on Right, Recover on Left. 12:00

Shuffle ½ Turn x2, Back, Drag, & Walk, Walk.

1 & 2 Make ½ turn Right, shuffling (R,L,R).
3 & 4 Make ½ turn Right, shuffling (L,R,L).
5 – 6 Long step back on Right, drag Left towards Right.
&7 – 8 Step Left in place, step fwd, Right, Left. 12:00

***Easier option for counts 1 – 4**

***1&2 Shuffle back (R,L,R).**

***3&4 Shuffle back (L,R,L).**

Side Rock, Cross Shuffle x2.

1 – 2 Rock Right to Right Side, Recover on Left.
3 & 4 Cross Right over Left, step Left to Left side, cross Right over Left.
5 – 6 Rock Left to Left side, Recover on Right.
7&8 Cross Left over Right, step Right to Right side, cross Left over Right.* wall 6

Side, Behind, Chasse ¼ Turn, Step, Pivot, Shuffle.

1 - 2 Step Right to Right side, cross Left behind Right.
3 & 4 Step Right to Right side, close Left beside Right, step Right fwd making ¼ turn Right.
5 - 6 Step Left fwd, pivot ½ turn Right, (weight on Right).
7 & 8 Step Left fwd, close Right beside Left, step Left fwd. 9:00

Cross Point, Cross Point, Cross, Unwind, Coaster Step.

1 - 2 Cross Right over Left, point Left toe to Left side.
3 – 4 Cross Left over Right, point Right toe to Right side.
5 - 6 Cross Right over Left, unwind ½ turn Left, (weight on Right).
7 & 8 Step Left back, close Right beside Left, step Left fwd. 3:00

Cross Point, Cross Point, Forward Rock, Full Turn, (½ turn into start of dance).

1 - 2 Cross Right over Left, point Left toe to Left side.
3 – 4 Cross Left over Right, point Right toe to Right side.
5 – 6 Rock fwd on Right, Recover on Left.
7 – 8 make ½ turn Right stepping fwd on Right, make ½ turn Right stepping back on Left. 3:00
(Note – On count 1 make another ½ turn into the the start of the dance). 9:00

***Easier option – for counts 5 – 8**

***5 – 6 Rock fwd on Right , Recover on Left.**

***7 – 8 Make ½ turn Right, walk fwd Right, Left.**

Start dance from count 1 facing 9:00

Restarts* -

During wall 3: dance up to count 4 (the first kick ball change) then Restart facing 6:00
During wall 6: dance up to count 24, then Restart facing 12:00

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