

# 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

Contact: [dance\\_deb@yahoo.co.uk](mailto:dance_deb@yahoo.co.uk)

---