

# Heal Me

**COPPER** KNOB  
STEPSHEETS

**Count:** 32

**Wall:** 2

**Level:** Improver / Intermediate

**Choreographer:** Alan Birchall (UK) & Jacqui Jax (UK) - March 2019

**Music:** Heal Me - Grace Carter



**Music Available:** iTunes Amazon & Spotify

**Start:** On The Word 'Face' **Seconds:** 23 **Counts:** 16 (From Start Of Lyrics) **BPM:** 84

**Released** E17 Nuline Dance London

**SIDE, ROCK BACK, RECOVER, ¼ TURN, FULL TURN, PRESS, RECOVER, SWEEP, SWEEP, BEHIND, SIDE**

1-2& Step Right To Right, Rock Back On Left, Recover On Right

3-4& Make ¼ Turn Left Stepping Forward On Left, Make ½ Left Stepping Back On Right, Make ½ Turn Left Stepping Forward On Left 09:00

5-6 Press Forward On Right, Recover On Left Sweeping Right

7-8& Step Back On Right Sweeping Left (7) Step Left Behind Right (8) Step Right To Right (&)

**TAG: During Wall 4 Replace Counts (8 &) - Step Back On Left (8) Make ¼ Turn Right (&)**

**Restart Dance Stepping Right To Right (1) Facing 6:00**

**CROSS ROCK, RECOVER, SIDE, CROSS UNWIND, CROSS ROCK, SIDE ROCK, COASTER STEP, STEP**

9-10& Cross Rock Left Over Right, Recover On Right, Step Left To Left

11-12 Cross Right Over Left, Unwind ½ Turn Left (Weight On Left) 03:00

13&14& Cross Rock Right Over Left, Recover On Left, Rock Right To Right, Recover On Left

15&16& Step Back On Right, Step Left By Right, Step Forward On Right, Step Left Beside Right (&)

**ENDING: Dances Ends Here During Wall 8**

**Make ¼ Turn Left Taking Big Step Right Drag & Touch Left by Right 12:00**

**STEP, ROCK, RECOVER, BACK LOCK STEP, ½ TRIPLE TURN, ¼ ROCK, RECOVER, CROSS**

17-18-19 Step Forward On Right, Rock Forward On Left, Recover On Right,

20&21 Step Back On Left, Lock Right Over Left, Step Back On Left,

22&23 Make ¼ Turn Right Stepping Right To Right, Step Left By Right, Make ¼ Turn Right Stepping Forward On Right 09:00

24&25 Making ¼ Turn Right Rock Left To Left, Recover On Right (&) Cross Left Over Right (1) 12:00

**ROCK, RECOVER, CROSS, SWAY, RECOVER, BEHIND ½ TURN, CROSS ROCK, RECOVER**

26&27 Rock Right To Right, Recover On Left, Cross Right Over Left

28-29 Sway Left To Slight Diagonal, Recover Back On Right 10:00

30&31 Cross Left Behind Right, Making ½ Turn Right Step Forward On Right (To Diagonal) Step Forward On Left 04:30

32& Cross Right Over Left, Recover On Left (&)

**Straighten up to 6:00 to Start Dance Again**

**START AGAIN**

**Email:** alan@alanbirchall.com - **Website:** <http://www.alanbirchall.com>