

# THEIR HEARTS ARE DANCING

**COPPER** **NOB**  
BY THE POSTAL SERVICE

Count: 48

Wall: 0

Level:

Choreographer: Rosalie Mackay (AUS)

Music: Their Hearts Are Dancing - The Forester Sisters



## FORWARD, FULL TURN, WALTZ FORWARD

1-6 Step left forward, stepping right-left turn full turn left, step right forward, step left beside right, step right in place

## ROCK BACK, FORWARD, SCUFF, CROSS, BACK, BACK

7-9 Rock/step left back, step right in place, scuff left forward at 45 degrees left  
10-12 Cross left over right, step right back, step left back diagonally

## CROSS, TURN, STEP, SIDE, SLIDE, TAP

13-15 Step right across left, step left back diagonally beginning ½ turn turn right, complete turn by stepping right beside left  
16-18 Step left to side, slide right beside left, tap right

## ROCK, HOLD, ROCK, CROSS, SIDE, STEP

19-21 Rock/step right to right side, hold, rock/replace weight on left  
22-24 Cross right over left, step left to side, step right to side slightly back

## CROSS, QUARTER, HALF, QUARTER, KICK, KICK

25-30 Cross left over right, turn ¼ turn left & step right, turn ½ turn left & step left, turn ¼ turn left & step right to side, sweep left through & kick left across right twice

## CROSS, SIDE, STEP, CROSS, TURN, TOGETHER

31-36 Cross left over right, step right to side, step left to side, cross right over left, turn ½ turn right & step left, step right beside left

## FORWARD, HALF-TURN, BACK, TOUCH-TURN

37-39 Step left forward, turn ½ turn left & step on right, step left beside right  
40-42 Step right back, touch left toe behind, turn ½ turn left transferring weight to left

## SLOW PIVOT-TURN, FORWARD, FULL TURN

43-45 Step right forward, slowly pivot ½ turn left (2 beats)  
46-48 Step right forward, stepping left-right turn full turn right

## REPEAT

## INSTRUMENTAL BREAK

After three sequences, and starting facing the back wall:

### BASIC WALTZ FORWARD & BACK

1-6 Step left forward, right beside left, left beside right, step right back, left beside right, right beside left

## FORWARD, HALF-TURN, BACK, TOUCH-TURN

7-9 Step left forward, turn ½ turn left & step on right, step left beside right  
10-12 Step right back, touch left toe behind, turn ½ turn left transferring weight to left

## SLOW PIVOT-TURN, FORWARD, FULL TURN

13-15 Step right forward, slowly pivot ½ turn left (2 beats)  
16-18 Step right forward, stepping left-right turn full turn right

