

# My Heart is Filled .... (With You)

**COPPER** **NOB**  
BY THE POST

Count: 32

Wall: 4

Level: Beginner

Choreographer: Annette Haslund (Sep 5th 2013)

Music: You Got Me by Colbie Caillat [Album: Breakthrough] iTunes



## Intro (28 count)

### R+L TOE STRUT, R ROCK STEP, R SHUFFLE ½ TURN

1 - 4 Step R toe forward, drop R heel (weight on R), Step L toe forward, drop L heel (weight on L)\*

\* Restart dance after 4 count on wall 10

5 - 6 Rock R forward, recover on L

7&8 ¼ turn R stepping R to side, step L together, ¼ turn R stepping R to side (6 o'clock)

### L+R TOE STRUT, L ROCK STEP, L SHUFFLE ½ TURN

1 - 4 Step L toe forward, drop L heel (weight on L), Step R toe forward, drop R heel (weight on R)

5 - 6 Rock L forward, recover on R

7&8 ¼ turn L stepping L to side, step R together, ¼ turn L stepping L to side (12 o'clock)

### R VINE CROSS, SIDE ROCK, CROSS SHUFFLE

1 - 4 Step R to R side, step L behind R, step R to R side, cross L over R

5 - 6 Rock R to R side, recover on L

7&8 Cross R over L, step R to R side, cross R over L (12 o'clock)

### R ¼ TURN, R ½ TURN, L SHUFFLE, R ROCKING CHAIR

1 - 2 ¼ turn stepping back on L, ½ turn stepping forward on R (9 o'clock)

3&4 Step forward on L, step R together, step forward on L

5 - 8 Rock R Forward, recover on L, Rock R back, recover on L

## RESTART THE DANCE

Restart: on wall 10 after the first 4 count (6 o'clock)

Contact: [ahfpost-dance@yahoo.dk](mailto:ahfpost-dance@yahoo.dk)

Last Update - 10th Dec 2014