

Shape of My Heart Easy

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver - smooth

Choreographer: Christina Yang (KOR) - September 2014

Music: Shape of My Heart - Sting



Start the dance after 32 counts

SECTION 1: LF DIAGONAL SYNCOPATED FORWARD CHASSE, RF DIAGONAL SYNCOPATED FORWARD CHASSE, FORWARD ROCK, RECOVER, LONG STEP TO BACKWARD, 3 TIMES OF BACKWARD WALK

- 1-2& LF diagonal forward, RF cross behind LF, LF forward
- 3-4& RF diagonal forward, LF cross behind RF, RF forward
- 5&6 LF forward rock, RF recover, LF long step to backward walk
- 7&8 RF backward, LF backward, RF backward

SECTION 2: COASTER STEP, FORWARD, FORWARD ROCK, RECOVER, 1/4 TURN TO L WITH SIDE STEP, CROSS BACK ROCK, RECOVER, SIDE STEP, 1/4 TURN TO L WITH BACKWARD, RF RECOVER

- 1&2 LF backward, RF closed to LF, LF forward
- 3 RF forward walk
- 4&5 LF forward rock, RF recover, 1/4 turn to L with LF side step
- 6&7 RF cross back rock, LF recover, RF side step
- 8& 1/4 turn to L with LF backward, RF recover

SECTION 3: FORWARD, WEIGHT TRANSFER TO RF, FORWARD, FORWARD, WEIGHT TRANSFER TO LF, FORWARD MAMBO, BACKWARD MAMBO

- 1-2& LF forward, weight transfer to RF, LF recover
- 3-4& RF forward, weight transfer to LF, RF recover
- 5&6 LF forward, RF in place, LF backward
- 7&8 RF backward, LF in place, RF forward

SECTION 4 : FORWARD ROCK RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, BACKWARD ROCK, RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, FORWARD ROCK RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, BACKWARD ROCK, RECOVER, DIAGONAL FORWARD STEP

- 1&2 LF forward rock, RF recover, 1/4 turn to L with LF side long step
- 3&4 RF backward rock, LF recover, 1/4 turn to L with RF side long step
- 5&6 LF forward rock, RF recover, 1/4 turn to L with LF side long step
- 7&8 RF backward rock, LF recover, RF diagonal forward step

RESTART&TAG

On the 7th wall, you should dance until 16 counts and start again after 2 times of tag
The Tag step is 2 times of forward walk and start again.

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