

Shades of Blue

COPPER KNOB
STEPSHEETS

Count: 48

Wall: 2

Level: Upper Beginner

Choreographer: Angie Harriss (AUS) - January 2025

Music: Knee Deep In My Heart - Shane Filan



INTRO: 8 Counts, Start dance on words

STEP FWD R HOLD CLAP - STEP FWD L HOLD CLAP - SHUFFLE BACK RLR - STEP BACK L HOLD CLAP - STEP BACK R HOLD CLAP - SHUFFLE FWD LRL

1&2&3&4 Step fwd R hold clap, Step fwd L hold clap, Shuffle back RLR

5&6&7&8 Step back L hold clap, Step back R hold clap, Shuffle fwd LRL

ROCK FWD R - RECOVER L - COASTER RLR - WALK $\frac{3}{4}$ TURN L - TOUCH R

123&4 Rock fwd R, Recover L, Coaster RLR

567&8 Walk $\frac{3}{4}$ turn to L, LRL, Touch R (3 O'clock)

ROCK R TO R SIDE - RECOVER L - BEHIND SIDE CROSS - ROCK L TO L SIDE - RECOVER R - BEHIND SIDE CROSS

123&4 Rock R to R side, Recover L, Step R behind L, Step L to L side, Cross R in front of L

567&8 Rock L to L side, Recover R, Step L behind R, Step R to R side, Cross L in front of R

STEP FWD R - $\frac{1}{2}$ TURN SHUFFLE FWD RLR - STEP FWD L - $\frac{1}{2}$ TURN SHUFFLE FWD LRL

123&4 Step fwd R, $\frac{1}{2}$ turn L, Shuffle fwd RLR

567&8 Step fwd L, $\frac{1}{2}$ turn R, Shuffle fwd LRL

WEAVE R - ROCK R - RECOVER L - CROSS SHUFFLE TO THE L RLR

1234 Step R to R side, L behind R, Step R to R side, L in front of R

567&8 Rock R to R side, Recover L, Cross shuffle R in front of L RLR

WEAVE L - $\frac{1}{4}$ TURN R - KICK BALL L - TOUCH R

1234 Step L to L side, R behind L, Step L to L side, R in front of L

567&8 Step L to L side, $\frac{1}{4}$ turn R, Kick ball L, Touch R

Tag1: Wall 5 after 12 counts walk a full turn to the front touching R beside L (12 o'clock)

RESTART DANCE

Tag2: Wall 6 after 12 counts walk a full turn to the front touching R next to L, Rock R to R side, recover on L, step R behind L, L to L side, touch R beside L. (12 o'clock)

RESTART DANCE

OPTIONAL EXTRAS: Hat work may be added in from the rock fwd back coaster and side rock behind side crosses. Arms may be added in the weaves. For Styling.

Thank You - Angie Harriss - Belts Buckles N Boots