

# Dance From The Heart

**COPPER** KNOB  
STEPSHEETS

**Count:** 32

**Wall:** 2

**Level:** Very Easy Intermediate

**Choreographer:** Jan Wyllie (AUS) - February 2014

**Music:** We'll Dance - Heartbeat



16 count intro,

## **Rock Recover Coaster Back Toe Struts Fwd x 2**

- 1,2 Rock/step fwd on L, Rock/recover wt back on R
- 3&4 Step back on L, Step R beside L, Step fwd on L (coaster)
- 5,6 Step R toe fwd, Drop R heel to floor
- 7,8 Step L toe fwd, Drop L heel to floor

## **R Kick Ball Change x 2 Side Rock Recover Step Across Hold**

- 9&10 Kick R fwd, Step R beside L, Step L beside R (kick ball change)
- 11&12 Kick R fwd, Step R beside L, Step L beside R (kick ball change)
- 13,14 Rock/step R to right, Rock/recover wt sideways onto L
- 15,16 Step R across L, Hold

## **Side Rock Recover Cross Shuffle 1/4 Shuffle Fwd Step Pivot 1/4**

- 17,18 Rock/step L to left, Rock/recover wt sideways onto R
- 18&20 Step L across R, Step R to right, Step L across R (cross shuffle)
- 21&22 Making 1/4 right Step fwd on R, Step L beside R, Step fwd on R (shuffle fwd)
- 23,24 Step fwd on L, Pivot 1/4 right transferring wt to R

## **Cross Toe Strut Side Toe Strut Jazz Box**

- 25,26 Step L toe across R, Drop L foot (toe strut)
- 27,28 Step R toe to right, Drop R foot (toe strut)
- 29,30,31,32 Step L across R, Step back on R, Step L to left, Step R beside L (jazz box )

**\*There are 2 'Tags' in this dance - at the end of walls 4 and 8**

**Easy rocks.... Like this.....**

## **Rock Fwd Recover Back Rock Back Recover Fwd**

- 1,2 Rock/step fwd on L, Rock/recover wt back on R
- 3,4 Rock/step back on L, Rock/recover wt fwd on R

**This is an easy little dance that might appeal to all those 'club dancers' out there.**

**Hope you enjoy the simplicity of both the dance and the song.**

**See you on the floor sometime.... Jan**

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