

# Shape of My Heart

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Easy Intermediate - smooth  
编舞者: Christina Yang (KOR) - September 2014  
音乐: 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 CLOSED LF

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 closed to LF

## 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, SIDE LONG 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 side long step

## SECTION 5: CROSS FORWARD, SIDE, CROSS FORWARD, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER AND 1/2 TURN TO R WITH SWEEP

1-2&      LF cross forward RF, RF side, LF cross forward,  
3&4      RF side rock, LF recover, RF cross over LF  
5&6      LF side rock, RF recover, LF cross over RF  
7-8      RF side, LF recover and 1/2 turn to R with sweep

## SECTION 6: SAILOR CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, SIDE ROCK, RECOVER

1&2      RF cross behind LF, LF closed RF, RF cross over LF  
3&4      LF side rock, RF recover, LF cross over RF,  
5&6      RF side rock, LF recover, RF cross over LF  
7-8      LF side rock, RF recover

## SECTION 7: FORWARD ROCK, RECOVER, 1/4 TURN TO L WITH SAILOR TURN, FORWARD ROCK,

### **RECOVER, 1/4 TURN TO R WITH SAILOR TURN,**

- |     |   |
|-----|---|
| 1-2 | LF forward rock, RF recover and 1/4 turn to L with LF sweep |
| 3&4 | LF cross behind RF, RF closed LF, LF diagonal forward       |
| 5-6 | RF forward rock, LF recover and 1/4 turn to R with RF sweep |
| 7&8 | RF cross behind LF, LF closed RF, RF diagonal forward       |

### **SECTION 8: FORWARD ROCK, RECOVER, TOGETHER, FORWARD ROCK, RECOVER, TOGETHER, ROCKING CHAIR**

- |      |   |
|------|---|
| 1-2& | LF forward rock, RF recover, LF together RF(weight on LF) |
| 3-4& | RF forward rock, LF recover, RF together LF(weight on RF) |
| 5-6  | LF forward rock, RF recover                               |
| 7-8  | LF backward rock, RF recover                              |

### **RESTART & TAG**

**On the 4th 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.**

**Contact - E-mail: [chrisjj0618@yahoo.com](mailto:chrisjj0618@yahoo.com) - <http://www.youtube.com/user/thetrianglelinedance>**

---