

Heart in My Hand

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 0 级数: Advanced NC2
编舞者: Debbie Rushton (UK) - January 2016
音乐: Over and over Again (feat. Ariana Grande) - Nathan Sykes



Count In: 32 seconds

SIDE, BACK ROCK, 1/4 TURN ROCK 1/2 TURN 1/2 TURN SWEEP, BEHIND SIDE CROSS SWEEP, CROSS 1/4 TURN 1/2 TURN 1/2 TURN

- 1 2& Step R to R side, Rock L behind R, Recover weight forward onto R
3&4 Making 1/4 turn L rock forward on L, Making 1/2 turn R take weight forward onto R, Making 1/2 turn R step back on L and sweep R around from front to back (9 o'clock)
5&6 Cross R behind L, Step L to L side, Cross R over L and sweep L around from back to front
7&8& Cross L over R, Make 1/4 turn L stepping back on R, Make 1/2 turn L stepping L forward, Make 1/2 turn L stepping R back (6 o'clock)

BACK ROCK SPIRAL FULL TURN, RUN X3, CROSS ROCK SIDE, BACK ROCK 1/4 TURN 1/2 TURN

- 1&2 Rock back on L, Recover forward onto R, Step L forward and spiral a full turn over R shoulder (weight stays on L) (6 o'clock)
3&4 Making 1/2 turn over your R shoulder, run round R, L R in a semi circle (12 o'clock)
5&6 Cross rock L over R, Recover weight back onto R, Take big step to L side
7&8& Rock R behind L, Recover weight forward onto L, Make 1/4 turn R stepping R forward, Make 1/2 turn R stepping back on L (9 o'clock)

1/2 TURN STEP SWEEP, CROSS SIDE BEHIND SWEEP, BEHIND 1/4 TURN STEP SWEEP, CROSS SIDE BACK ROCK 1/4 TURN 3/8 TURN

- 1 2& Make 1/2 turn R stepping R forwards and sweeping L around from back to front, Cross L over R, Step R to R side (3 o'clock)
3 4& Cross L behind R and sweep R from front to back, Cross R behind L, Make 1/4 turn L stepping L Forward (12 o'clock)
5 6& Step R forward and sweep L around from back to front, Cross L over R, Step R to R side
7&8& Rock L behind R, Recover weight forward onto R, Make 1/4 R stepping back on L, Make 3/8 turn R stepping R to R side (7 o'clock)

WALK RUN RUN, STEP 1/2 TURN STEP, FULL TURN, SWEEP CROSS, FULL TURN FULL TURN

- 1 2& Staying on the diagonal, Step forward on L, Run forward R, L (7 o'clock)
3&4& Step R forward, Pivot 1/2 turn L taking weight into L, Step R forward, Make 1/2 turn R stepping back on L (7 o'clock)
5&6 Make 1/2 turn R stepping R forward, Sweep L from back to front whilst making 1/8 turn R (squaring up to side wall), Cross L over R (3 o'clock)
7&8& Travelling to your R, Make 2 full turns over your R shoulder stepping R, L, R, L

RESTART: During the 3rd wall after counts 15& (back rock recover) do the following steps and then Restart the dance

- 16 & Rock R out to R side, Recover weight onto L (&) (facing 6 o'clock)

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Last Update – 31st Jan. 2016