

# Tender Heart

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Easy Intermediate  
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音乐: Tender Heart - Lionel Richie



Intro: 16 counts

## [1-8] ROCKING CHAIR, ROCK STEP, ½ TURNING CHASSE

1-4      Rock R back (1) Recover to L (2), Rock R forward (3) Recover to L (4)  
5-6      Rock R back (5) Recover to L (6)  
7,&,8      Turn ¼ left and Step R to side (7), Step L together R (&), Turn ¼ left and Step R back (8)

## [9-16] STEP, STEP CROSS, SLIDE, ROCKING CHAIR

1,2      Step L back (1), Cross R front L (2)  
3-4      Big Step L to side (3) and drag R together L; weight stay on L (4)  
5-8      Rock R back (5) Recover to L (6), Rock R forward (7) Recover to L (8)

## [17-24] ROCK STEP, ½ TURNING CHASSE, 2x BACKWARDS STEP, SCISSOR STEP

1-2      Rock R back (1) Recover to L (2)  
3,&,4      Turn ¼ left and Step R to side (3), Step L together R (&), Turn ¼ left and Step R back (4)  
5,6      Step L back (5), Step R back (6)  
7,&,8      Step L to side (7), Step R together L (&), Cross L front R (8)

## [25-32] ROCK STEP, CROSSING CHASSE, ¼ TURN, ½ TURN, PIVOT

1-2      Rock R to side (1) Recover to L (2)  
3,&,4      Cross R front L (3), Step L to side (&), Cross R front L (4)  
5,6      Turn ¼ right and Step L back (5), Turn ½ right and Step R forward (6)  
7-8      Step L forward (7) and turn 1/2 right while keeping weight on L (8)

RESTART in wall 5

## [33-40] CROSS WITH SWEEP,WEAWE, SWAY, WEAWE WITH CROSSING CHASSE

1-2      Cross R behind L (1) and sweep L from front to back (1-2)  
3,&,4      Cross L behind R (3), Step R to side (&), Cross L front R (4)  
5-6      Sway by stepping R to side (5) and change the weight to L (6) while doing 8-figure by body (5-6)  
7,&,8,&      Cross R behind (7), Step L to side (&), Cross R front L (8), Step L to side (&)

## [41-48] CROSS WITH SWEEP, WEAWE, STEP CROSS WITH HOLD, STEP CROSS WITH HOLD

1-2      Cross R front L (1) and sweep L from back to front (1-2)  
3,&,4      Cross L front R (3), Step R to side (&), Cross L behind R (4)  
&5-6      Step R to side (&), Cross L front R (5) and hold (6)  
&,7-8      Step R to side (&), Cross L behind R (7) and hold (8)

**\*styling for 'holds' between 41-48 counts: You can slightly fall over your balance with your body**

## [49-56] STEP, STEP TOGETHER, STEP WITH HOLD, ¼ TURN, ¼ TURN, ½ TURN WITH HOLD

1,2,3-4      Step R to side (1), Step L together R (2), Step R back (3) and hold (4)  
5,6,7-8      Turn ¼ right and Step L back (5), Turn ¼ right and Step R forward (6), Turn ½ right and Step L back (7) and hold (8)

RESTARTS in walls 1 and 3

TAG – in wall 6, after Tag start over

REPLACE COUNT 8 WITH CONTINUEING ½ TURN RIGHT AND STEP BALL OF R FORWARD

- 7,8 Turn ½ right and Step L back (7), Turn ½ right and Step R Ball forward keeping heel up(8)  
1,&,2,&,3,&,4 Drop R heel down (1), Lift R heel up (&), Drop R heel down (2), Lift R heel up (&), Drop R heel down (3), Lift R heel up (&), Drop R heel down (4), Lift R heel up and change weight to L (&)
- 1-4 ARMS: Raise your R hand front (1-2), fist your R hand fingers and pull your hand on your heart (3-4)

**[57-64] 3x BACKWARDS STEPS, HOLD, 3x BACKWARDS STEPS, HOLD [DURING 1-8 MAKE ½ CLOCKWISE TURN]**

- 1,2,3-4 Turn 1/8 right and Step R back (1), Turn 1/8 right and Step L back (2), Step R back (3) and hold (4)  
5,6,7-8 Turn 1/8 right and Step L back (5), Turn 1/8 right and Step R back (6), Step L back (7) and hold (8)

**\*styling for 'holds' between 49-64 counts: You can dreg your non-weighted leg slightly towards your weighted leg**

**Recommended to watch our YouTube -video**

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