

Listen To My Heart

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Beginner
编舞者: Adeline Chang (MY) & Nina Chen (TW) - December 2019
音乐: Ting Xin (聽心) (DJ何鵬版) - Hang Qiao (杭橋)



Start Dance After 32 counts.

Sequence : Intro dance, A, A, Tag/ A, A, B, B/ A, A, Tag/ A, A, Tag/ A, A, B

Intro dance (Section B) : 32 counts.

(1) WALK FWD, POINT, WALK BACK, POINT.

1-2-3-4 Step forward R-L-R, point L-toe to L.

5-6-7-8 Walk back L-R-L, point R-toe to R.

(2) CROSS-CROSS-BACK-TOGETHER. X 2

1-2-3-4 Cross R over L, Cross L over R, Step back R, Step L beside R.

5-6-7-8 Cross R over L, Cross L over R, Step back R, Step L beside R.

(3) 1/4 R-TURN WALK FWD, 1/2 L-TURN, TOUCH. WALK FWD, 1/4 R-TURN TOUCH,

1-2-3-4 1/4 R-turn Step forward R-L-R, 1/2 R-turn touch L-toe in front of R.

5-6-7-8 Walk forward L-R-L, 1/4 R-turn touch R-toe beside L.

(4) FWD SHUFFLE, FWD, PIVOT 1/2 R-TURN, FWD SHUFFLE, FWD, PIVOT 1/2 L-TURN

1&2,3-4 Shuffle fwd R-L-R. Step fwd L, pivot 1/2 R-turn, weight on R

5&6,7-8 Shuffle fwd L-R-L. Step fwd R, pivot 1/2 L-turn, weight on L.

Section A : 32 counts

(1) R FWD TOE-STRUT, L FWD TOE-STRUT, ROCKING CHAIR

1-2-3-4 Touch R-toe fwd, drop R-heel, Touch L-toe fwd, drop L-heel.

5-6-7-8 Rock fwd on R, recover on L, Rock back on R, Recover on L.

(2) VINE RIGHT, TOUCH, TRAVELLING VINE LEFT, TOUCH.

1-2-3-4 Step R to R, Step L Behind R, Step R to R, Touch L beside R.

5-6-7-8 1/4 L-turn Step fwd on L, 1/2 L-turn step back on R, 1/4 L-turn step L to L, touch R.

(3) SIDE-TOGETHER, BACK SHUFFLE, SIDE-TOGETHER, FWD SHUFFLE

1-2,3&4 Step R to R, step L beside R, Back shuffle on R-L-R.

5-6,7&8 Step L to L, Step R beside L, Fwd shuffle on L-R-L.

(4) FWD ROCK-RECOVER, FWD SHUFFLE 1/2 R-TURN, FWD ROCK-RECOVER, COASTER STEP

1-2,3&4 Rock fwd on R, Recover on L, Shuffle forward on R-L-R. 1/2 R-turn

5-6,7&8 Rock fwd on L, Recover on R, Step back on L, Step R beside L, step fwd on L.

Tag : 4 Counts :

1-2-3-4 Step R to R, touch L beside R, Step L to L, Touch R beside L.

HAPPY DANCING -

Contact : Nina Chen : nina.teach.dance@gmail.com