

# Her Steady Heart

**COPPER** KNOB  
STEPSHEETS

拍数: 36      墙数: 2      级数: Intermediate NC2S  
编舞者: Carolyn Jurek (CAN), Rob Fowler (ES) & I.C.E. (ES) - May 2022  
音乐: Steady Heart - Kameron Marlowe



**Intro: 16 counts (starts on lyrics)**

**S1 (1-8) SIDE, BEHIND-SIDE, CROSS ROCK, ¼ TURN LEFT, ¾ SPIRAL LEFT, SIDE, CROSS, BASIC L**

1-2&      Long step R to right side dragging L toward R, Cross L behind, Step R side  
3-4&      Slow cross rock L, recover R, Step L ¼ turn left (9:00)  
5-6&      Step R making ¾ spiral turn left, Step L side, Cross R in front (12:00)  
7-8&      Long step L dragging R towards L, Step ball of R behind L, Cross L in front

**[non-turning option for counts &5: Step L side, Cross R in front]**

**S2 (9-16) STEP R ¼ TURN RIGHT, STEP L ¼ PIVOT RIGHT, CROSS ROCK, STEP-TOUCH-POINT, 2 SWEEPS BACK, BEHIND-SIDE**

1-2&      Turn ¼ right stepping R forward, Step L forward, make ¼ turn right ending weight R (6:00)  
3&4&5      Cross rock L, recover R, Step L side, Touch R beside L, Point R to right side  
6-7      Step R back while sweeping L back, Step L back while sweeping R back  
8&      Step R behind L, Step L side

**S3 (17-24) CROSS, HINGE ½ TURN RIGHT, CROSS ROCK, 3/8 TURN LEFT TO DIAGONAL, 2 WALKS,**

**ROCK FWD, STEP BACK, STEP 1/8 TURN SIDE**

1-2&      Cross R over L (prep), Make ¼ turn right stepping back L, make ¼ turn right stepping R to side  
3-4&      Cross rock L, recover R beginning 3/8 turn left, step L fwd into diagonal (7:30)  
**[feels like ½ turn from 1:30 diagonal on cross-rock, to opposite diagonal over left shoulder]**  
5-6      Slow walk into diagonal R-L (breathe)  
7&8&      Rock R fwd into diagonal, recover L, Run R back, Make 1/8 turn left stepping L to left side to straighten up to 6:00

**S4 (25-32) SERPIENTE WITH ½ TURN LEFT ON EXIT, SIDE-BEHIND, STEP R ¼ TURN RIGHT, STEP L ¼ PIVOT RIGHT, CROSS L**

1-2&      Step R fwd while sweeping L from behind to front, Cross L over R, Step R side (6:00)  
3-4&      Step L back while sweeping R from front to behind, Cross R behind L, Step L ¼ turn left (3:00)

**\*RESTART – Wall 5, restart here on count 29, adding a ¼ turn left to face front wall for Count 1**

5-6&      Turn left ¼ to face 12:00 with long step R to right side, Cross L behind, Step R ¼ right (3:00)  
7-8&      Step L fwd, make slow ¼ turn right ending weight R, cross L over right (6:00)

**S5 (33-36) SLOW SWAY, CROSS ROCK, FULL ROLLING TURN RIGHT**

1-2      Sway R to right side, Sway L to left side  
3&      Cross R over L, recover L beginning turn right  
4&      Step R side making ¼ turn right, Step L back making ½ turn right  
**(then continue another ¼ right to complete the full rolling turn to start the dance again)**  
**[non-turning option for counts 4&: Step R side, Cross L in front]**

**Ending:** The music ends during Wall 7 in Sec 3 – on counts 5-6, instead of walking to the diagonal, adjust the walks toward 12:00 and add a final step forward (or full spiral turn left) to end on count 7

**Timing:** On Wall 6 in Sec 2 – the musical beats are very strong for the point and back sweeps on counts 5-6-7, with a slight change from the usual timing; listen to the music and hit each of those beats

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