

Heartbeat Running

COPPER KNOB
STEPSHEETS

拍数: 88 墙数: 2 级数: Phrased Advanced
编舞者: Johnny Martinez (USA) - December 2023
音乐: Super Bass (clean) - Nicki Minaj



Sequence: A,A,A,(A-),B,B,A,A,(A+),B,B,C,C,B,B

A: 24 counts

B: 32 counts

C: 32 counts

(A-): first 8 counts of A

(A+): first 16 counts of A.

Intro: 8 counts / 8 seconds / weight on left

Phrase A - (24 counts)

A[1-8] Touch R, touch L, touch R and twist, R ball, L step, pivot R 1/2 turn, Step L, R 1/2 turn hitch R knee.

1&2& Touch R toe forward on 1, bring back on &, touch L toe forward on 2, bring back on &.

3&4 Touch R toe on 3, twist on &, then back to touch position on 4 leaving the R toe out.

8&5-6 From R toe touch, bring back to ball of R foot on &, step L foot forward on 5, pivot on both feet 1/2 turn over R shoulder on 6.

7-8 Step L foot forward on 7, weight shift to L foot with simultaneous 1/2 R turn hitch R knee up on 8.

A[9-16] R coaster step, L shuffle step, step R, roll hips R, then roll hips L.

1&2 From R foot hitch position, R foot drops to coaster step (right left right)

3&4 Shuffle step forward starting on your L (left right left)

5-6 Step R while simultaneously rolling hips to the L, counter clockwise around and back to center for 5-6.

7-8 Roll hips to the R clockwise and back to center for 7-8.

A[17-24] Grapevine to the R, 1/2 turn R shoulder, shuffle R, R sailor step.

1-2-3 Grapevine to the right

4 Pivot on R foot for half turn stop on L foot.

5&6 Shuffle to the right (right left right)

7&8 Sailor step to the right back to center

Phrase B - (32 counts)

B[1-8] Weight on L, shuffle forward on R, rock forward on L, recover, 1/2 turn over L, cont another 1/2 turn on R while sweeping L foot around, hop - step L and R.

1&2 Shuffle step forward on R (right left right)

3-4 Rock forward on L on 3, recover weight back to R foot on 4.

5-6 Traveling back to starting position, 1/2 turn over L shoulder, L foot steps on 5, continue another 1/2 turn to R foot on 6 for full while the L foot simultaneously starts a half circle sweep counter-clockwise into next count.

7&8 L foot continues half circle sweep behind the R foot for 7, then hops straight up followed by the R foot, L stomps on &, R stomps on 8.

B[9-16] R heel crosses left, then points R, then sailor step to L, L heel scuff stomp, both heels swivel left 2x.

1-2 R heel crosses L on 1, then points to the R on 2

3&4 Sailor step to the left.

5-6 L foot scuffs on 5 then stomps on 6.

7&8 Both heels swivel together to the L on 7, back on &, then again swivel to the L on 8.

B[17-24] Kick R, touch L, kick L, touch R, V-step.

- 1&2 R foot kicks out to R on 1, then hop to R foot on &, then L toe touches behind the R foot on 2. (heel may scuff the ground on the kicks, especially with boots, not mandatory)
- 3&4 L foot kicks out to L on 3, then hop to L foot on &, then R toe touches behind the L foot on 4.
- 5-8 V-step four counts; right, left, then back to center.

B[25-32] Body roll R, body roll L, R toe touch, R leg twist twice, Right foot behind the L for 1/2 turn over R shoulder.

- 1&2 (think M3GAN) Body roll toward the R, drop head on 1, drop shoulder on &, drop hip on 2.
- 3&4 Body roll towards the L, drop head on 3, drop shoulder on &, drop hip on 4.
- 5-6 R foot goes forward for R hip to twist forward twice on 5 then on 6.
- 7-8 R foot goes behind the left for 1/2 turn over the R shoulder.

Phrase C - (32 counts)

C[1-8] 45 degree angles, step back R together, back L together, back R together, back L together.

- 1-8 Step back at an angle to the R, L follows R together for 1, 2. Step back at an angle to the L, R follow L together for 3, 4. Step back at an angle to the R, L follows R together for 5, 6. Step back at an angle to the L, R follows L together for 7, 8.

C[9-16] Forward step R drag L, step L drag R, step R drag L, step L drag R.

- 1-8 Step forward on R for 1, drag L ball of foot forward with knee pointed for 2. step forward on L for 3, drag R ball of foot forward with knee pointed for 4. step forward on R for 5, drag L ball of foot forward with knee pointed for 6. step forward on L for 7, drag R ball of foot forward with knee pointed for 8.

C[17-24] Step R ball, slide L to the L, drag R to L, pivot on heels 1/8 turn to R, Step L ball, slide R to R, Drag L to R, pivot on heels 1/8 to the R.

- 1-4 Step straight down on ball of R foot on 1, slide L foot over to the L on 2, drag R foot over to the L on 3, pivot on both heels slightly to the L on 4.
- 5-8 Step straight down on ball of L foot on 1, slide R foot over to the R on 6, drag L foot over to the R on 7, pivot on both heels slightly to the R on 8.

C[25-32] L cross behind as R cross L, then bend and unwind 1/2 turn to L, kick R point L, kick L point R.

- &1-2-3-4 L foot crosses behind R on &, R foot crosses over L on 1. Bend on 2, unwind body to the L 1/2 turn on 3 and 4.
- 5&6 Kick R foot out to the R diagonal on 5, bring it back to ball of foot on &, L foot points to L on 6.
- 7&8 Kick L foot out to the L diagonal on 7, bring it back to ball of foot on &, R foot points to the R on 8.

Last Update: 5 Mar 2024
