

Listen to My Heart

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Maggie Gallagher (UK) & Gary O'Reilly (IRE) - June 2024
音乐: Listen - Eloise Viola



Intro: Start on the word "Hold" approx 3 secs

S1: ¼ SIDE, TOUCH, ¼, ¼ HITCH, SIDE, POINT/LOOK, ¼, ½

- 1-2 ¼ right stepping right to right side, Touch left next to right [3:00]
- 3-4 ¼ left stepping forward on left, ¼ left hitching right knee up [9:00]
- 5-6 Step right to right side, Point left to left side and look right
- 7-8 ¼ left stepping forward on left, ½ left stepping back on right [12:00]

S2: BACK, CROSS BALL WALK, WALK, CROSS, SWEEP, CROSS, SWEEP

- 1-2& Step back on left, Cross right over left, Step slightly back on left
- 3-4 Walk forward on right, Walk forward on left
- 5-6 Step forward on right slightly crossing over left, Sweep left from back to front
- 7-8 Step forward on left slightly crossing over right, Sweep right from back to front

S3: CROSS, BACK, BALL CROSS, SIDE, BEHIND SIDE CROSS, HOLD, ⅛, TOGETHER

- 1-2& Cross right over left, Step back on left, Step right next to left
- 3-4 Cross left over right, Step right to right side
- 5&6 Cross left behind right, Step right to right side, Cross left over right
- 7&8 HOLD, ⅛ left stepping right to right side, Step left next to right [10:30]

S4: CROSS, ⅛ SIDE, SAILOR ½ R, WALK, WALK, ANCHOR STEP

- 1-2 Cross right over left, ⅛ right stepping left to left side [12:00]
- 3&4 ½ right crossing right behind left, Step left to left side, Step forward on right [6:00]
- 5-6 Walk forward on left, Walk forward on right
- 7&8 Lock left behind right, Step weight onto right, Step slightly back on left

Restart here on Wall 3 facing [6:00]

S5: PUSH HIPS BACK-FORWARD-BACK, WALK, ½, BACK/POP, STEP, ¼ SIDE

- 1-2-3 Step back on right pushing hips back, Rock forward on left pushing hips forward, Rock back on right pushing hips back
- 4-5 Walk forward on left, ½ left stepping back on right [12:00]
- 6-7 Step back on left popping both knees, Step down on right
- 8 ¼ right stepping left to left side [3:00]

S6: BEHIND, SWEEP, BEHIND SIDE CROSS, SIDE ROCK, RECOVER, BEHIND SIDE CROSS

- 1-2 Cross right behind left, Sweep left from front to back
- 3&4 Cross left behind right, Step right to right side, Cross left over right
- 5-6 Rock right to right side, Recover on left
- 7&8 Cross right behind left, Step left to left side, Cross right over left

S7: SIDE, HOLD & SIDE, POINT/LOOK, ¼, ½, ½, WALK

- 1-2& Step left to left side, HOLD, Step right next to left
- 3-4 Step left to left side, Point right to right side and look left
- 5-6 ¼ right stepping forward on right, ½ right stepping back on left [12:00]
- 7-8 ½ right stepping forward on right, Walk forward on left [6:00]

S8: BACK/Drag, BACK/Drag, REVERSE ROCKING CHAIR

- 1-2 Walk back on right dragging left to meet right

3-4 Walk back on left dragging right to meet left
5-6 Rock back on right, Recover on left
7-8 Rock forward on right, Recover on left [6:00]

RESTART: Dance 32 counts of Wall 3, then restart the dance from the beginning facing [6:00]

ENDING: After 32 counts of Wall 6, step right to right side to finish facing [12:00]

Thank you to Jane Kenrick for suggesting this track

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