

Heave Away Contra

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 0
编舞者: Mark Wuyts (BEL) - April 2025
音乐: Heave Away - The Fables

级数: Beginner - Contra Pairs / Circle



Music: Heave Away - The Fables (modified !)

Couples in circle, facing line of dance and reverse line of dance, join inside hands.
If less than 16 dancers, can be done in a column setup, switch place with partner if you come on the end.
Both partners start with the right foot, same footwork !

Intro: 18 counts, start on vocals.

Vine 3, heel; Reverse;

1-4 Side R, cross L in back, side R, touch L heel L;
5-8 Side L, cross R in back, side L, touch R heel R;

DO SA DO the one in front;;

1-8 Walk clockwise around each other in 8 steps without changing your facing direction, do not turn! ;;

Side, swing+clap R & L; forward, touch, back, touch;

1-4 Step side R, swing L leg in front of R leg + clap, side L, swing R leg in front of L leg + clap;
5-8 Give R hand to the one in front – step forward R, touch L toe behind R, step back L, touch R beside L;

Full R turn 6, pass by;;

1-6 In 6 steps, do a full turn around with the one in front ;,,
7-8 Pass by 2 steps,, then again join inside hands.

Restart the dance.

You can email me for the modified music: melodia@telenet.be
or you can use the music from the demo movie.
<https://youtu.be/swwpIYSIGLE>

Happy Dancing!