

# This Heart of Mine

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Sue French (AUS) - May 2025  
音乐: A Good Heart - Feargal Sharkey



**Start: After 32 counts**

## **SLOW SHUFFLE FORWARD LEFT, ROCK RIGHT**

1-2            step L forward, tap R and lift L off the floor  
3-4            step L in place, step R next to L  
5-6            rock forward on R, rock back on L  
7-8            rock back on R, rock forward on L

## **SLOW SHUFFLE FORWARD RIGHT, ROCK LEFT**

9-10          step R forward, tap L and lift R off the floor  
11-12        step R in place, step L next to R  
13-14        rock forward on L, rock back on R  
15-16        rock back on L, rock forward on R

## **WALK BACK WITH TOE POINTS**

17-18        step L back, step R back  
19-20        point L toe to left side, return to centre  
21-22        step R back, step L back  
23-24        point R toe to right side, return to centre

## **K STEP WITH ¼ TURN LEFT**

25-26        diagonal step forward R, touch L beside R  
27-28        diagonal step back L, touch R beside L  
29-30        diagonal step back R, touch L beside R  
31-32        step L with ¼ turn left, step R next to L

## **REPEAT**

**Last Update – 9 May 2025 – R1**