

# A Grateful Heart (感恩的心)

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 1      级数: Low Intermediate  
编舞者: Jaslin Lim (SG) - May 2025  
音乐: A Grateful Heart (感恩的心) - Ouyang Fei-Fei (欧阳菲菲)



**Intro : 32 counts (This dance is dedicated to all Mothers on Mother's Day)**

## **S1. NIGHTCLUB TWO STEPS, 1/4 TURN, PIVOT 1/2 TURN, 1/4 TURN SIDE CHASSE**

1 2&3 4&      Step R to right, rock L behind R and recover, step L to left, rock R behind L and recover  
5&6, 7&8      1/4 turn right on R, step L forward, pivot 1/2 turn right, 1/4 turn right chasse left on L,R,L  
(12:00)

## **S2. CROSS RECOVER SIDE (2X), CROSS SIDE BEHIND RONDE, BEHIND SIDE CROSS**

2&3, 4&5      Cross R over L, recover and step R to right, Cross L over R, recover and step L to left  
6&7, 8&1      Cross R over L, step L to left, step R behind L sweeping L from front to back, step L behind  
R, step R to right, cross L over R (12:00)

## **S3. DIAMOND FALL AWAY WHILE 3/4 TURN LEFT**

2&3, 4&5      Step R to right, step L back (10:30), step R back (9:00), step L to left, step R forward (7:30),  
step L forward  
6&7, 8&1      Step R to right (6:00), step L back, step R back (4:30), step L to left (3:00), step forward on  
R,L

## **S4. RECOVER 1/4 TURN CROSS, SCISSOR CROSS (3X), SIDE DRAG**

2&3, 4&5      Recover on R, 1/4 turn left step L to left and cross R over L (12:00) Step L to left, step R  
besides L, cross L over R  
6&7, 8&      Step R to right, step L besides R, cross R over L, big step L to left, drag R in

## **Ending on Wall 8**

1-4      Cross L over R, full unwind to right to face front, tap R behind L, and take a bow.

## **Wall 3, 6 & 7 (Hand Jive) - Optional**

### **S1.**

1-4      "A Grateful Heart" : Use both hands to form a "Heart" and bring it to your chest  
5-8      "Thankful to You": Clasp both hands under chin (as if showing appreciation) and spread your  
arms wide apart (signifying an offer to you)

### **S2.**

1-4      "Accompanying Me Through Life": Place both hands across your shoulder (a form of hugs)  
5-8      "Giving Me the Courage to Be Myself": Clench both fists under your chin (signifying courage)

### **S3.**

1-4      "A Grateful Heart": Use both hands to form a "Heart" and bring it to your chest.  
5-8      "Thankful For Destiny": Clasp your hands above your head (to form a roof)

### **S4.**

1-4      "As Flowers Bloom And Wither": Spread your arms (to show flowers blooming) and wriggle  
your fingers (like rainfalls) while bringing both hands down slowly (signifying flowers  
withering)  
5-8      "I Will Still Cherish Everything": Close your palms (as if in prayers) and look down  
(representing cherish)

**Note: The hand jive is for performance purpose only. Sway your hips while doing it. You can omit it if you wish**

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