

Heart of the Jungle

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Robin Sin (SG) & Angel Chia (SG) - May 2025
音乐: Jungle - Sugababes



Intro: 8 counts on the heavy beats

S1: SIDE HOLD & SIDE HOLD & PADDLE ¼ TURN

1-2& Step R to the side (1), Hold (2), close L besides R (&) 12:00

Option Styling: Sweep both hands over the hair on count &, like combing your hair

3-4& Step R to the side (3), Hold (4), Close L besides R (&) 12:00

5-6-7-8 1/8 turn left side rock on R (5), Recover on L (6), 1/8 turn left side rock on R (7), Recover on L (8) 9:00

Option Styling: Roll both hands at hip level while doing the paddle turn

S2: SIDE HOLD & SIDE HOLD & PADDLE ¼ TURN

1-2& Step R to the side (1), Hold (2), close L besides R (&) 9:00

Option Styling: Sweep both hands over the hair on count &, like combing your hair

3-4& Step R to the side (3), Hold (4), Close L besides R (&) 9:00

5-6-7-8 1/8 turn left side rock on R (5), Recover on L (6), 1/8 turn left side rock on R (7), Recover on L (8) 6:00

Option Styling: Roll both hands at hip level while doing the paddle turn

S3: STEP, KICK, ¼ TURN, TOUCH, HOLD, BALL CROSS, SWAY x 2

1-2 Step forward on R (1), Kick L forward (2) 6:00

3-4 ¼ turn left step L to the side, Touch R to side (3:00)

Styling: Place both hands on L hips and look back over left shoulder on count 3-4 (sharp head turn)

5&6 Hold (5), Step ball of R slightly behind L (&), Cross L Over (6) 3:00

7-8 Sway R (7), Sway L (8) (Both knees slightly bend) 3:00

S4: CHASSE ¼,, ½ TURN SHUFFLE. BACK ROCK, RECOVER, FULL TURN FORWARD

1&2 Step R to side (1), close L beside R (&), ¼ turn right step R forward (2) 6:00

3&4 ¼ turn right step L to side (3), ¼ turn right close R besides L (&), Step back on L (4) 12:00

5-6 Back rock on R (5), recover L (6) 12:00

7-8 ½ turn left step back on R (7), ½ turn left step forward on L (8) (Travel Forward) 12:00

S5: DIAGONAL TAP, PRESS, BIG STEP, DRAG, SAILOR ¼ TURN, STEP PIVOT ½ TURN STEP

1-2 Tap R toe diagonally right (1), press on R (2) 12.00

3-4 Step a big step to the left on L (3), Drag R towards L (4) 12.00

5&6 Step R behind L (5), ¼ turn left step L forward (&), Step R forward (6) 9.00

7&8 Step L forward (7), pivot ½ turn right on R (&), Step L forward (8) 3.00

S6: FORWARD WALK WALK, ANCHOR ROCK, BIG STEP BACK, BALL CHANGE, FORWARD WALK WALK

1-2 Walk forward on R-L (1,2) 3.00

3&4 Rock R behind L (3), recover on L (&), Rock back on R (4) 3.00

5-6 Step a big step back on L (5), drag R towards L (6) 3.00

&7-8 Step back on the ball of R (&), Walk forward on L – R (7,8) 3.00

S7: BUMP FORWARD, ½ TURN BUMP FORWARD, WALK WALK, RUN RUN RUN

1&2 Bump hip forward on L (1), Recover on R (&), Bump hip forward on L (2) 3.00

3&4 ½ turn right bump hip forward on R (3), Recover on L (&), Bump hip forward on R (4) 9.00

5-6 Walk forward on L-R (5-6) 9.00

7&8 Run forward on L-R-L (7&8) 9.00

Styling: (5) R elbow bend with R palm facing in on front waist area while L elbow bend with L palm to side facing

out (6) L elbow bend with L palm facing in on front waist area while R elbow bend with R palm to side facing out

(7&8) Repeat the above

S8: PIVOT ¼ TURN LEFT, CROSS SHUFFLE, SIDE ROCK, RECOVER & SIDE CLOSE

1-2 Step forward on R (1), pivot ¼ turn left on L (2) 6.00

3&4 Cross R over L (3), Step L to side (&), Cross R over L (4) 6.00

5-6 Side rock on L (5), recover on R (6) 6.00

&7-8 Step L beside R (&), Step R to side (7), close L beside R (8) 6.00

START AGAIN!

Email: Robin Sin: sinmincong@gmail.com , Angel Chia: angeldancinz@gmail.com
