

Heart of Stone

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Doreen Darcangelo Post (USA) - May 2025
音乐: Heart of Stone - Jelly Roll



STARTS AFTER 1ST VERSE: Dear lord can you help me?
NO TAGS OR RESTARTS, ENJOY!

Sec 1 - R FWD LOCK STEP, FWD SHUFFLE, 1/4 TURN CROSSING SHUFFLE

1,2,3&4 Step R fwd, step L behind R heel, shuffle fwd RLR
5,6,7&8 Step L, R ¼ turn step on R, Cross L ft over R, X2

Sec 2 - R & L HEEL, HEEL, BEHIND SIDE CROSS

1,2,3&4 Step R heel fwd x2, step R ft behind L ft, step L to side, step R slightly across L
5,6,7&8 Step L heel fwd x2, step L ft behind R ft, step R to side, step L slightly across R

Sec 3 - R & L TOE, HEEL STOMPS, FWD ROCK STEP, SAILOR STEP

1&2 Step R toe R side, touch R heel, stomp R
3&4 Step L toe L side, touch L heel, stomp L
5,6 Rock R ft fwd, step back on L ft
7&8 Step R ft behind L ft, step L ft to L side, step R ft parallel to L

Sec 4 - LOCK STEP L BACK, SHUFFLE STEP, ROCK STEP, KICK BALL CHANGE

1,2,3&4 Step L ft back, lock R front L, shuffle L,R,L
5,6,7 Rock back R, step L, kick R ft fwd, (&) step onto ball of R ft (next to L ft)
&8 lifting L ft slightly off the floor, replace weight onto L ft

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