

Heaven On My Mind

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Jan McClay (USA) & Belinda Musick (USA) - June 2025
音乐: Heaven On My Mind - TobyMac & Forrest Frank



#32 ct intro - No Tags, No Restarts

[1-8]: WALK FORWARD R & L, SHUFFLE FWD R, ROCK L/RECOVER R, SHUFFLE BACK L

1,2,3&4. Walk R foot forward, Walk L foot forward, Shuffle Forward R, L, R
5,6,7&8. Rock L foot forward, Recover on R, Shuffle Back L, R, L

[9-16]: SIDE STEP R, TOGETHER L, SIDE SHUFFLE R, CROSS ROCK L/RECOVER R, SIDE SHUFFLE L with ¼ TURN TO L

1,2,3&4. Step R foot to R side, Step L foot beside R, Side Shuffle R, L, R
5,6,7&8. Rock L foot diagonal to right, Recover on R, Side Shuffle L, R, L with ¼ turn L

[17-24]: WALK FORWARD R & L, SHUFFLE FWD R, ROCK L/RECOVER R, SHUFFLE BACK L

1,2,3&4. Walk R foot forward, Walk L foot forward, Shuffle Forward R, L, R
5,6,7&8. Rock L foot forward, Recover on R, Shuffle Back L, R, L

[25-32]: SIDE ROCK RECOVER CROSS R, TURN (UNWIND) ¼ L, SIDE ROCK RECOVER CROSS R, TURN (UNWIND) ¼ L

1,2,3,4. Rock R foot to right side, Recover on L, Cross R foot over L, Unwind ¼ turn L (put weight in L)
5,6,7,8. Rock R foot to right side, Recover on L, Cross R foot over L, Unwind ¼ turn L (put weight in L)
