

I Need a New Heart

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: High Improver
编舞者: Tom Inge Soenju (NOR) - June 2025
音乐: New Heart - Crash Adams



Note:

Intro: 1 count after heart machine sound. Start on the word doctor.

Sequence: Repeating sequence.

Tag/Restart: 1, 4C tag after wall 10. No Restarts.

End: Dance as normal until music ends.

SECTION 1: R SIDE ROCK, REC, SIDE ROCK, REC, CROSS, SIDE, SAILOR STEP

1-2& Rock RF to R side, Transfer weight onto LF, Step RF beside LF
3-4 Rock LF to L side, Recover weight onto RF
5-6 Cross LF over RF, Step RF to R side
7&8 Step LF behind RF, Step RF to R side, Step LF to L side

SECTION 2: ACROSS TOUCH, HOLD, BALL-CROSS, ¼ R TURN, ¼ R SHUFFLE TURN, CROSS, CLAP X2

1-2&3 Touch ball of RF across LF, Hold, Step ball of LF next to RF, Step RF across LF
4 ¼ R turn stepping LF back [03:00]
5&6 ¼ R turn stepping RF to R side Step LF beside RF, Step RF to R side [06:00]
7&8 Cross LF over RF, Clap, Clap

SECTION 3: R SIDESTEP, SAILOR STEP, SYNC WEAVE, SIDE ROCK

1-2&3 Step RF to R side, Step LF behind RF, Step RF to R side, Step LF to L side,
4-5 Cross RF over LF, Step LF to L side,
6&7-8 Step RF behind LF, Step LF beside RF, Cross RF over LF, Rock LF to L side

SECTION 4: R REC, ½ L TURN WITH POINT, ¼ R TURN, POINT SWITCHES x3, CROSS

1-2-3 Transfer weight onto RF, ½ L turn stepping LF to L side, point RF to R side [12:00]
4-5& ¼ R turn stepping RF fwd, Point LF to L side, Step LF beside RF [03:00]
6&7-8 Point RF to R side, Step RF beside LF, Point LF to L side, Cross LF over RF

TAG AFTER WALL 10

SECTION 1: FULL R UNWINDING TURN

1-2-3-4 Unwind full turn over R (weight on LF) (Option: Bend knees and arms slightly out from body)

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact me:

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