

My Heart

COPPER **NOB**
BY STEPSHEETS

拍数: 56 墙数: 2 级数: Intermediate
编舞者: Chantal Gagnon
音乐: If My Heart Had Wings - Faith Hill



STEP, STEP, POINT, STEP BACK, TRIPLE STEP ½ TURN LEFT, STEP RIGHT, LEFT

1-2 Step right foot forward, step left foot forward
3-4 Touch right toe behind left foot, step right foot back
5&6 Step left foot back in ¼ turn to left, right foot next to left, left foot next to right in ¼ turn to left
7-8 Step right foot forward, step left foot forward

POINT, STEP BACK, TRIPLE STEP ½ TURN LEFT, VINE RIGHT WITH KICKS LEFT

1-2 Touch right toe behind left foot, step right foot back
3&4 Step left foot back in ¼ turn to left, right foot next to left, left foot next to right in ¼ turn to left
5-6 Step right foot to right, cross left foot behind right
&7-8 Step right foot to right, kick left foot twice in 45 degrees angle to left

STEP, ½ MONTEREY TURN, VINE RIGHT WITH KICKS LEFT

&1 Step left foot next to right, point right toe to right
2 ½ turn right pivoting on left stepping right next to left
3-4 Point left toe to left, step left next to right
5-6 Step right foot to right, cross left foot behind right
&7-8 Step right foot to right, kick left foot twice in 45 degrees angle left

½ MONTEREY TURN, SHUFFLES FORWARD

&1 Step left foot next to right, point right toe to right
2 ½ turn right pivoting on left stepping right next to left
3-4 Point left toe to left, step left next to right
5&6 Step right forward, step left next to right, step right forward
7&8 Step left forward, step right next to left, step left forward

SAILOR SHUFFLES, KICK BALL CHANGE TWICE

1&2 Step right behind left, step left to left, step right to right
3&4 Step left behind right, step right to right, step left to left
5&6 Kick right foot forward, step right next to left, step left in place
7&8 Kick right foot forward, step right next to left, step left in place

ROCK STEP FORWARD, ½ TURN RIGHT (STEP-STEP), SAILOR SHUFFLES

1-2 Rock forward onto right, recover weight on left
3-4 ½ turn right pivoting on left stepping right next to left, left next to right
5&6 Step right behind left, step left to left, step right to right
7&8 Step left behind right, step right to right, step left to left

KICK BALL CHANGE TWICE, ROCK STEP FORWARD, STEP, STEP

1&2 Kick right foot forward, step right next to left, step left in place
3&4 Kick right foot forward, step right next to left, step left in place
5-6 Rock forward onto right, recover weight on left
7-8 Step right next to left, step left next to right

REPEAT

