

My Heart Is Dying

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Mark Cosenza (USA)
音乐: My Heart Is Dying - Anna S



ROCK RECOVER, SIDE MAMBO TOUCH, TOUCH FORWARD, ¼ SWEEP AROUND, SAILOR STEP

- 1-2 Rock forward right, recover left
- 3&4 Side rock right, recover left, touch right next to left
- 5-6 Touch forward right, turn ¼ right and rondé right from front to back (3:00)
- 7&8 Step down right behind left, step left next to right, step right forward

CROSS ROCK, ¼ PIVOT, STEP & POINT, STEP & POINT, & STEP, STEP

- 1-2 Cross rock left, recover right
- 3&4 Turn ¼ left and rock left behind right, recover to right, point left side left (12:00)
- 5-6 Step left in place, point side right
- &7-8 Rock right in place, recover to left, step forward right

CROSS ROCK, SIDE TOGETHER SIDE, STEP ½ PIVOT HOOK, SHUFFLE FORWARD

- 1-2-3&4 Cross rock left, recover right, step side left, close right to left, step side left
- 5-6 Step forward right, turn ½ left and hook left in front of right knee (6:00)
- 7&8 Step forward left, right, left

STEP ½ PIVOT HOOK, SHUFFLE FORWARD, ROCK SIDE, RECOVER, & PADDLE IT AROUND

- 1-2 Step forward right, turn ½ left and hook left in front of right knee (12:00)
- 3&4 Step forward left, right, left
- 5-6 Side rock right, recover left
- &7 Turn ¼ left and hitch right knee, touch right next to left (9:00)
- &8 Turn ½ left and hitch right, touch right next to left (3:00)

REPEAT

TAG

Do the following at the end of walls 1 & 4 only

ROCK RECOVER, COASTER STEP, DIAGONAL STEP TOGETHER, SIDE ROCK TOGETHER

- 1-2 Rock right forward, recover left
- 3&4 Step back right, step left next to right, step forward right
- 5-6 Take large left diagonal step forward on left, step right to left
- 7&8 Side rock step left, recover right, step left to right

CROSS ROCK, RECOVER, SIDE TOGETHER SIDE, CROSS LEFT UNWIND FULL TURN

- 1-2-3&4 Cross rock right, recover left, step side right, close left to right, step side right
- 5-8 Cross left over right, unwind a full turn to the right crossing both hands over your heart

RESTART

As you begin the 7th wall, there will be a distinct change in the arrangement. Following the end of the 7th wall (you should now be facing 9:00), do the following for counts 33-36:

- 33-36 Cross right over left and unwind ¾ to the left putting both hands crossed over the heart

You should now be facing the front wall as you begin the dance again

ENDING

The song ends after the paddle turn on counts 29-32 and you should be facing front on the final note. Simply step the right foot down next to left for the final note of the song

