

# My Tender Heart

**COPPER KNOB**  
STEPSHEETS

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Derek Robinson (UK)  
音乐: Tender Heart - Lionel Richie



## ROCK FORWARD, RECOVER, SHUFFLE, CROSS ROCK, RECOVER, SHUFFLE ½ TURN

- 1            Step diagonally forward on left (10:00) swaying hips forward
- 2            Recover on right swaying hips back
- 3&4        Shuffle forward (left, right, left)
- 5            Cross rock right over left
- 6            Recover on left
- 7&8        Shuffle ½ turn right (right, left, right)

## ROCK FORWARD, RECOVER, SHUFFLE, CROSS ROCK, RECOVER, SHUFFLE ½ TURN

- 9-16        Repeat steps 1- 8

## STEP ACROSS, TURN, BACK LOCK STEP, ROCK BACK, RECOVER, SHUFFLE FORWARD

- 17           Step left foot across and in front of right
- 18           Step right foot to right side, turning ¼ turn left
- 19&20       Step back left, lock right across left, step back left
- 21           Rock back on right
- 22           Recover on left
- 23&24       Shuffle forward (right, left, right)

## FULL TURN RIGHT, TOUCH, SHUFFLE FORWARD, CROSS ROCK, RECOVER, 2X ½ RONDES MOVING BACK

- 25           Step forward left
- 26           Spin a full turn right on sole of left foot touching right toe forward
- 27&28       Shuffle forward right (right, left, right)
- 29           Cross rock left over right
- 30           Recover on right
- 31           Sweep left foot out and behind right
- 32           Sweep right foot out and behind left

## BACK LOCK STEP, ROCK BACK, RECOVER, SIDE TOE TOUCH & CROSS, RIGHT & LEFT

- 33&34       Step back left, lock right across left, step back left
- 35           Rock back on right
- 36           Recover on left
- 37           Touch right toe to right side
- 38           Step right across and in front of left
- 39           Touch left toe to left side
- 40           Step left across and in front of right

## ROCK FORWARD, RECOVER, TRIPLE ¾ TURN, CROSS ROCK, RECOVER, STEP LEFT, SLIDE UP RIGHT

- 41           Rock forward on right
- 42           Recover on left
- 43&44       Triple turn ¾ right (right, left, right)
- 45           Cross rock left over right
- 46           Recover on right
- 47           Step left to side

**REPEAT**

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