

You Stole My Heart

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 4 级数: Improver
编舞者: Irene Groundwater (CAN)
音乐: You Stole My Heart - Heart And Soul



Sequence: AB, BB, AB, AA, BB, BB

PART A

KICK, BALL, 5TH -¼ TURN LEFT, 2ND, 5TH -¼ TURN LEFT, KICK, BALL, 5TH -¼ TURN LEFT, 2ND 5TH -¼ TURN LEFT

1&2 Kick right foot forward, step right in place, step forward left in 5th position ¼ turn left
3-4 Side step right on ball of foot in 2nd position, pivot on left ball to 5th position ¼ turn left
5&6 Kick right foot forward, step right in place, pivot on left ball to 5th position ¼ turn left
7-8 Side step right on ball of foot in 2nd position, pivot on left ball to 5th position ¼ turn left
¾ of the weight stays over the weighted left foot in this section

1/8 left turn with side shuffle, side, drag, ¼ turn right With Side, drag, SIDE SHUFFLE 1/8 TURN LEFT

1&2 Pivot 1/8th turn left on left ball and side step right, step left beside right, side step right
3-4 Large side step left, drag right ball to left foot
5-6 Pivot ¼ turn right on left ball with large side step right, drag left ball to right foot
7&8 Side step left, step right beside left, side step left turning body 1/8th turn left

Optional arms:

1&2 Raise right arm
3-4 Lower right arm and raise left arm
5-6 Raise right arm
7&8 Lower right arm and raise left arm

DOWN, DOWN, UP, UP, FORWARD, ½ TURN LEFT, SWAY, SWAY

1-2 Right forward going down bending knee, left forward going down bending knee
3-4 Right forward straightening up, left forward straightening up
5-6 Right forward, pivot ½ turn left on right ball as left steps beside right
7-8 Side step right as you sway right, sway left

Optional arms:

1 Lower right hand beside body with left hand in normal position
2 Lower left hand beside body with right hand in normal position
3 Lower right hand beside body with left hand in normal position
4 Lower left hand beside body with right hand in normal position

THREE FORWARD WALKS, HOLD, ¼ LEFT TURNING JAZZ BOX, HOLD

1-2 Right forward, left forward
3-4 Right forward, hold
5-6 Left crosses over right, right back making ¼ turn left on step
7-8 Side step left, hold

Option:

1-3 Boogie walks forward with attitude

PART B

TOUCH, TOGETHER, TOUCH, TOGETHER, TOUCH, TOGETHER, TOUCH, TOGETHER

1 Touch right ball back bringing both arms behind body bent at elbows
2 Step right beside left bringing back arms to natural position
3 Touch left ball back bringing both arms behind body bent at elbows
4 Step left beside right bringing back arms to natural position

- 5 Touch right ball forward (body faces 10:30:00)
- 6 Step right beside left (body faces front)
- 7 Touch left ball forward (body faces 2:30:00)
- 8 Step left beside right (body faces front)

Optional arms:

- 5-6 Bring right arm in arc across body then swing back to normal position
- 7-8 Bring left arm in arc across body then swing back to normal position

HEEL STRUT, LOCK, DIAGONAL FORWARD, BRUSH, FORWARD, ½ TURN LEFT, SIDE SHUFFLE

- 1-2 Step right heel forward, lower right toe
- &3-4 Lock left behind right, right diagonal forward, brush left forward past right instep
- 5-6 Left forward, pivot ½ turn left on left ball as right steps beside left
- 7&8 Side step left, step right beside left, side step left

Beginner option:

- 1-2 Right forward, hold

Optional arms:

- 1-4 Extend arms outwards, elbows bent, palms facing floor

(GRIND ¼ TURN LEFT., BACK) - TWICE, CROSS, SIDE, CROSS, SIDE, CROSS, ¼ TURN LEFT

- 1 Step right heel forward and grind heel right making ¼ turn left on step
- 2 Step down and slightly back on left
- 3 Step right heel forward and grind heel right making ¼ turn left on step
- 4 Step down and slightly back on left
- 5&6& Cross right over left (body faces 10:30), side step left, cross right over left, side step left
- 7-8 Cross right over left, pivot ¼ turn left on right ball as you side step left

Optional arms:

- 1 Bring right hand over in front of body
- 2 Swing right hand to the right
- 3 Bring right hand over in front of body
- 4 Swing right hand to the right

SIDE, BEHIND, SIDE, ½ TURN RIGHT, SIDE, SIDE, SIDE, HOLD

- 1-2-3 Side step right, step left behind right, side step right
- 4 Pivot ½ turn right on right ball weight remains on right
- 5 Lift body up then side step left settling weight down on left foot
- 6 Lift body up then side step right settling weight down on right foot
- 7-8 Lift body up then side step left settling weight down on left foot, hold

Option:

- 1-2-3 Execute a right turning vine

Or

- 1-2-3 Side right, step left beside right, side right

Moves on 5-6-7 should feel like lifting the body up over a hurdle and dropping it on the other side

Optional hands:

- 5-6-7 Hold hands overhead, on count 8 drop hands to normal position

ENDING

In last section of Part B, music slows about count 28. Hold hands overhead, pose and shimmy
