

# Heavy Heart (P)

**COPPER KNOB**  
STEPPERS

拍数: 64      墙数: 0      级数: Intermediate Partner  
编舞者: Theresa Needham (UK) & Al Gallagher (UK) - December 2008  
音乐: Too Much On My Heart - The Statler Brothers : (CD: Farewell Concert)



Intro 16 count from heavy beat. 85 BPM.

**Starting position - Sweetheart**

**\*MAN. Siderock cha cha cha X 2**

1 – 2            (release R hand) Rock L to L side, recover onto R ,  
3 & 4            Cha cha on the spot L R L  
5 – 6            Rock R to R side, recover onto  
7 & 8            Cha, cha on the spot R L R.

**\*LADY. Walk walk shuffle X 2 (circling round the man)**

1 – 2            (Walk, L, Walk R,  
3 & 4            Shuffle, L R L.  
5 – 6            Walk, R, L (Taking L hand over man's head)  
7 & 8            Shuffle, R L R (resuming sweetheart position)

**BOTH**

**ROCK RECOVER, SHUFFLE BACK, SIDE ROCK, CROSS SHUFFLE**

1 – 2            Rock forward on L, recover onto R  
3 & 4            Shuffle back L R L  
5 – 6            Rock R to R side, recover onto L  
7 & 8            Cross R over L, step L to L side, Cross R over L, (moving forward)

**SIDE ROCK, CROSS SHUFFLE, FORWARD ROCK RECOVER, SHUFFLE ½ R**

1 – 2            Rock L to L side, recover onto R  
3 & 4            Cross L over R, step R to R side, cross L over R (moving forward)  
5 – 6            Rock forward on R, recover onto L  
7 & 8            Shuffle ½ turn R, R L R

**\*MAN. Shuffle ½ R, rock back recover, Shuffle forward, walk L R.**

1 & 2            (release L hand, raising R hand) Shuffle ½ R, L R L  
3 – 4            Rock back on R, recover onto L  
5 & 6            Shuffle forward, R L R  
7 – 8            Walk forward, L R

**\*LADY. Shuffle ½ R, rock back recover, shuffle ½ L, walk back L. R**

1 & 2            Shuffle ½ R, L R L  
3 – 4            Rock back on R, recover onto L  
5 & 6            Shuffle ½ L, R L R (RLOD)  
7 – 8            Walk back, L R

**#MAN. Shuffle forward, rock recover, shuffle back, rock recover**

1 & 2            Shuffle forward, L R L,  
3 – 4            Rock forward on R, recover onto L  
5 & 6            Shuffle back, R L R  
7 – 8            Rock back on L, recover onto R

**#LADY. Shuffle back, rock back, recover, shuffle ½ L, rock back, recover**

1 & 2            Shuffle back, L R L

- 3 – 4            Rock back on R, recover onto L
- 5 & 6            Shuffle  $\frac{1}{2}$  L, R L R (resume sweetheart position) (LOD)
- 7 – 8            Rock back o L, Recover onto R

**BOTH**

**TOUCH KICK, COASTER CROSS, POINT CROSS X 2**

- 1 – 2            Touch L toe forward, kick
- 3 & 4            Step back on L, step R beside L, cross L over R
- 5 – 6            Point R to R side, step R across L
- 7 – 8            Point L to L side, step L across R

**ROCK FORWARD RECOVER, SHUFFLE BACK, ROCK BACK RECOVER, WALK L. R.**

- 1 – 2            Rock forward on R, recover onto L
- 3 & 4            Shuffle back, R L R
- 5 – 6            Rock back on L, recover onto R
- 7 & 8            Walk forward, L R

**$\frac{1}{4}$  R BEHIND SHUFFLE  $\frac{1}{4}$  L, FULL TURN L, SHUFFLE**

- 1 – 2             $\frac{1}{4}$  turn R, stepping L to L side, step R behind L (OLD)
  - 3 & 4            Shuffle  $\frac{1}{4}$  L, L R L (LOD)
  - 5 – 6            (dropping R hand, raise L) Make  $\frac{1}{2}$  L, stepping back on R,  $\frac{1}{2}$  L, stepping forward on L (option Walk Walk)
  - 7 & 8            Shuffle forward, R L R
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