

# A Perfect Heart

**COPPER KNOB**  
STEPPERS

拍数: 64      墙数: 4      级数: Improver  
编舞者: Sebastiaan Holtland (NL) - June 2012  
音乐: Picking Up the Pieces - Paloma Faith : (CD: Fall to Grace. 2012 - iTunes)



16 count intro start dancing after the words "Do You"(14 sec).

**Sec 1: [1-8] Side Stomp, Hold, Behind, ¼ R, Side, Fwd Rock, Recover, L Coaster Step.**

- 1-2              Stomp Rf out to the right, Hold.
- 3-4              Step Lf behind Rf, turn ¼ right (3) step Rf to the right.
- 5-6              Rock Lf forward, recover on Rf.
- 7&8             Step Lf back, step Rf next to Lf, step Lf forward. (3:00)

**Sec 2: [9-16] Fwd Rock, Recover, ¼ R, Side, Hold, Step, Side, Back Rock, Recover.**

- 1-2              Rock Rf forward, recover on Lf.
- 3-4              Turn ¼ right (6) step Rf to the right, Hold.
- 5-6              Step Lf forward, step Rf to the right.
- 7-8              Rock Lf back, recover on Rf.

**Sec 3: [17-24] Side, Hold, Together, Side, Hold, Together, Side Rock, Recover, Behind, R Point.**

- 1-2              Step Lf to the left, Hold.
- &3-4            Step Rf next to Lf, step Lf to the left, Hold.
- &5-6            Step Rf next to Lf, rock Lf to the left, recover on Rf.
- 7-8              Step Lf behind Rf, point Rf out to right. (6:00)

**Sec 4: [25-32] Jazz Box Across ¼ R, Touch, Lock Step, Hold.**

- 1-2              Cross Rf over Lf, turn ¼ right (9) step Lf back.
- 3-4              Step Rf to the right, touch Lf beside Rf.
- 5-6-7           Step Lf forward, lock Rf behind Lf, Lf step forward.
- 8                Hold.

**Sec 5: [33-40] Fwd Rock, Recover, Side Rock, Recover, Behind, ¼ L, Side, Together, Hold.**

- 1-2              Rock Rf forward, recover on Lf.
- 3-4              Rock Rf to the right, recover on Lf.
- 5-6              Step Rf behind Lf, turn ¼ left (6) step Lf to the left.
- 7-8              Step Rf next to Lf, Hold. \*\*Restart\*\*

Restart here WALL 3 after 40 count (Facing 6 o'clock) after start again (Facing 12 o'clock).

**Sec 6: [41-48] Fwd Rock, Recover, Side Rock, Recover, Behind, Side, Cross Rock, Recover.**

- 1-2              Rock Lf forward, recover on Rf.
- 3-4              Rock Lf to the left, recover on Rf.
- 5-6              Step Lf behind Rf, step Rf to the right.
- 7-8              Cross rock forward on Lf, recover on Rf.

**Sec 7: [49-56] Side, Hold, Together, Side, Hold, Together, Side Rock, Recover, Behind, R Point.**

- 1-2              Step Lf to the left, Hold.
- 3-4              Step Rf next to Lf, step Lf to the left, Hold.
- 5-6              Step Rf next to Lf, rock Lf to the left, recover on Rf.
- 7-8              Step Lf behind Rf, point Rf out to right.

**Sec 8: [57-64] Cross, ¼ R, Back, Back, Hook, Lock Step, Hold.**

- 1-2              Cross Rf over Lf, turn ¼ right (9) step Lf back.
- 3-4              Step Rf back, Lf hook up across Rf.

5-6                Step Lf forward, lock Rf behind Lf, Lf step forward.  
7-8                Hold. (9:00)

**Start again and have fun!**

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