

Only You In My Heart

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 4 级数: Phrased Intermediate / Advanced
编舞者: Lewis Lee (CAN) - January 2014
音乐: Only You In My Heart (我的心裡只有你没有他) - Tiger Huang (黃小琥) : (Album: The Voice - iTunes)



Restart: 1 Restart on wall 3rd A, dance after count 28&, facing 9:00.
Ending: 23 counts after wall 7th A (facing 3:00), see more details below)

Sequence: A, A, B, A28&, A, A, B, A, A
Intro: 24 counts from Drum Beat (approx. 1 min. 1sec) . Bpm 128

Part A – 32c (4 wall)

[1-9] Side, Sailor-Step, Sailor-1/4L, Cross, Unwind 3/4R, Fwd-Lock-Step

1, 2&3 Step R to side R, Step L behind R, Step R beside L, Step L to side L
4&5 Step R behind L, Make 1/4L stepping L beside R, Step R to slightly side (9:00)
6, 7 Cross L over R, Unwind 3/4R on ball of L, (6:00)
8&1 Step R fwd, Lock L behind R, Step R fwd

[10-17] Chasse-L, Crossing-Shuffle, Rock, 1/4R, Fwd, Spiral R

2&3 Step L to Side L, Step R beside L, Step L to side L
4&5 Cross R over L, Step L ball to slightly side L, Cross R over L
6, 7 Rock L to side L, Make 1/4R stepping R fwd (9:00)
8, 1 Step L fwd, Spiral full turn R on ball of L

[18-25] Walk, Walk, Fwd, Spiral L, Cross-Side-Recover, Crossing-Shuffle

2, 3, 4, 5 Step R fwd, Step L fwd, Step R fwd, Spiral full turn L on ball of on ball of R
6&7 Cross L over R, Step R to side R, Recover on L ***Ending
8&1 Cross R over L, Step L ball to slightly side L, Cross R over L

[26-32] 1/4R, Sweep 1/4R, Sailor-Sway, Sway, Drag, Chasse-R

2, 3 Make 1/4R stepping L back, Sweep R out making a further 1/4R on ball of L 4& Step R behind L, Step L beside R, ***R
5, 6, 7 Step R to side R swaying hips to R, Recover to L swaying hips to L, Drag R to L
8& Step R to side R, Step L beside R (3:00)

Part B – 48c (1wall)

[1-9] Side, Sailor Step, Sailor 1/4L, Cross, Unwind 3/4R, Fwd-Lock-Step

1, 2&3 Step R to side R, Step L behind R, Step R beside L, Step L to side L
4&5 Step R behind L, Make 1/4L stepping L beside R, Step R to slightly side (3:00)
6, 7 Cross L over R, Unwind 3/4R on ball of L, (12:00)
8&1 Step R fwd, Lock L behind R, Step R fwd

[10-17] Chasse-L, Crossing-Shuffle, Rock, 1/4R, Fwd-Lock-step

2&3 Step L to Side L, Step R beside L, Step L to side L
4&5 Cross R over L, Step L ball to slightly side L, Cross R over L
6, 7 Rock L to side L, Make 1/4R stepping R fwd (3:00)
8&1 Step L fwd, Lock R behind L, Step L Fwd

[18-25] Side, Tog., Chasse-R, Side, Tog., Chasse-L

2, 3, 4&5 Step R to Side R, Step L beside R, Step R to side R, Step L beside R, Step R to side R
6, 7, 8&1 Step L to Side L, Step R beside L, Step L to side L, Step R beside L, Step L to side L

[26-33] Cross, Point, Cross, Point, Cross, Unwind 3/4L, Side-Recover-Cross

- 2, 3 Cross R over L, Point L to side L
- 4, 5 Cross L over R, Point R to side R
- 6, 7 Cross R over L, Unwind 3/4L ending weight on L (6:00)
- 8&1 Step R to side R, Recover on L, Cross R over L

[34-40] L Side-Cha-Cha, R side-Cha-Cha, Fwd-Mambo, Back-Recover

- 2&3, 4&5 Step L to side L, Step R next to L, Step L in place, Step R to side R, Step L next to R, Step R in place
- 6&7, 8& Step L fwd, Recover on R, Step L back, Step R back, Recover on L

[41-48] Side, Ball-Cross, Side, Ball-Cross, Sway, Sway, Drag, Chasse-R

- 1, 2&, Step R to side R, Step L ball behind R, Cross R over L
- 3, 4& Step L to side L, Step R ball behind L, Cross L over R
- 5, 6, 7 Step R to side R swaying hips to R, Recover to L swaying hips to L, Drag R next to L
- 8& Step R to side R, Step L beside R (6:00)

**Ending: Wall 7th A (facing 6:00), Dance after count 23 (facing 3:00),
do the following steps to finish the dance facing front. -**

R Sailor-Step, L Sailor-Step, Sailor-1/4L-Side, L Sailor-Step

- &8&, 1&2 Step R behind L, Step L beside R, Step R to side R, Step L behind R, Step R beside L, Step L to side L
- &3&, 4&5 Step R behind L, Making 1/4L stepping L beside R, Step R to side R, Step L behind R, Step R beside L, Step L to side L (12:00)

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