

# Heal Me

**COPPER** KNOB  
BY STEPHEN METZ

拍數: 32      牆數: 2      級數: Improver / Intermediate  
編舞者: Alan Birchall (UK) & Jacqui Jax (UK) - March 2019  
音樂: Heal Me - Grace Carter



Music Available: iTunes Amazon & Spotify

Start: On The Word 'Face' Seconds: 23 Counts: 16 (From Start Of Lyrics) BPM: 84

Released E17 Nuline Dance London

**SIDE, ROCK BACK, RECOVER, ¼ TURN, FULL TURN, PRESS, RECOVER, SWEEP, SWEEP, BEHIND, SIDE**

1-2&      Step Right To Right, Rock Back On Left, Recover On Right

3-4&      Make ¼ Turn Left Stepping Forward On Left, Make ½ Left Stepping Back On Right, Make ½ Turn Left Stepping Forward On Left 09:00

5-6      Press Forward On Right, Recover On Left Sweeping Right

7-8&      Step Back On Right Sweeping Left (7) Step Left Behind Right (8) Step Right To Right (&)

**TAG: During Wall 4 Replace Counts (8 &) - Step Back On Left (8) Make ¼ Turn Right (&)**

**Restart Dance Stepping Right To Right (1) Facing 6:00**

**CROSS ROCK, RECOVER, SIDE, CROSS UNWIND, CROSS ROCK, SIDE ROCK, COASTER STEP, STEP**

9-10&      Cross Rock Left Over Right, Recover On Right, Step Left To Left

11-12      Cross Right Over Left, Unwind ½ Turn Left (Weight On Left) 03:00

13&14&      Cross Rock Right Over Left, Recover On Left, Rock Right To Right, Recover On Left

15&16&      Step Back On Right, Step Left By Right, Step Forward On Right, Step Left Beside Right (&)

**ENDING: Dances Ends Here During Wall 8**

**Make ¼ Turn Left Taking Big Step Right Drag & Touch Left by Right 12:00**

**STEP, ROCK, RECOVER, BACK LOCK STEP, ½ TRIPLE TURN, ¼ ROCK, RECOVER, CROSS**

17-18-19      Step Forward On Right, Rock Forward On Left, Recover On Right,

20&21      Step Back On Left, Lock Right Over Left, Step Back On Left,

22&23      Make ¼ Turn Right Stepping Right To Right, Step Left By Right, Make ¼ Turn Right Stepping Forward On Right 09:00

24&25      Making ¼ Turn Right Rock Left To Left, Recover On Right (&) Cross Left Over Right (1) 12:00

**ROCK, RECOVER, CROSS, SWAY, RECOVER, BEHIND ½ TURN, CROSS ROCK, RECOVER**

26&27      Rock Right To Right, Recover On Left, Cross Right Over Left

28-29      Sway Left To Slight Diagonal, Recover Back On Right 10:00

30&31      Cross Left Behind Right, Making ½ Turn Right Step Forward On Right (To Diagonal) Step Forward On Left 04:30

32&      Cross Right Over Left, Recover On Left (&)

**Straighten up to 6:00 to Start Dance Again**

**START AGAIN**

Email: [alan@alanbirchall.com](mailto:alan@alanbirchall.com) - Website: <http://www.alanbirchall.com>