

Bleeding Hearts (P)

COPPER KNOB
STEPPERS

拍數: 56 牆數: 0
編舞者: Dan Albro (USA) - February 2019
音樂: Bloodline - Harper Grae



Especially for: Saone Country 10th Anniversary February 2019

* When dancing to Bloodline, 5th repetition:

Dance 32 counts add 2 steps then continue with pattern. (man fwd R,L – lady back L,R)

Intro: 8 count intro, start with vocals

Start: Facing FLOD, Ladies outside, men inside, single hand hold.

Man's footwork described, ladies opposite except where noted.

[1-8] WALK, WALK, KICK BALL CHANGE, ROCK, REPLACE, ¼ SHUFFLE SIDE

1,2,3&4 Step fwd R, step fwd L, kick fwd R, step back on ball of R, step fwd L

5,6,7&8 Rock fwd R, replace weight on L, turn ¼ right stepping side R, step L next to R, step side R

HANDS: Count 7: release ladies left & pick up ladies right in mans left.

[9-16] ROCK, REPLACE, SHUFFLE SIDE, CROSS OVER, STEP SIDE, BEHIND, SIDE, OVER

1,2,3&4 Cross rock L over R, replace weight on R, step side L, step R next to L, step side L

5,6,7&8 Step R over L, step side L, step R behind L, step side L, step R over L

HANDS: Count 3: pick up ladies left. Count 5: release ladies right & pick back up on Count 6.

[17-24] TRAVELING FLOD SHUFFLE ¼ TURN, SHUFFLE ½ TURN, SHUFFLE BACK, ROCK, REPLACE

1&2 MAN: Turn ¼ left stepping fwd L into closed social position, step R next to L, step fwd L

3&4 Turn ¼ left stepping side R, step L next to R, turn ¼ left stepping back R

5&6,7,8 Step back L, step R next to L, step back L, rock back R, replace weight L

1&2 LADY: Turn ¼ left stepping side R in front of man(into closed social), step L next to R, step side R

3&4 Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L

5&6,7,8 Step fwd R, step L next to R, rock fwd R, rock fwd L, replace weight on R

HANDS: Count 1: place mans right on ladies back – into closed social position.

[25-32] ROCK, REPLACE, SHUFFLE, ROCK, REPLACE, SHUFFLE

1,2,3&4 Rock fwd R, replace weight on L, step back R, step L next to R, step back R

5,6,7&8 Rock back L, replace weight on R, step fwd L, step R next to L, step fwd L

* 5th repetition: Bonus steps (man fwd R,L – lady back L,R) then continue.

[33-40] (HE TURNS, SHE TURNS) STEP ½ TURN, SHUFFLE ½ TURN, ROCK, REPLACE, SHUFFLE FWD

1,2,3 MAN: Step fwd R, pivot ½ left (weight on L), turn ¼ left stepping side R

&4 Step L next to R, turn ¼ left stepping back R

5,6 7&8 Rock back L, replace weight on R, step fwd L, step R next to L, step fwd L

1,2,3&4 LADY: Rock back L, replace weight on R, step fwd L, step R next to L, step fwd L

5,6,7 Step fwd R, pivot ½ left (weight on L), turn ¼ left stepping side R

&8 Step L next to R, turn ¼ left stepping back R

HANDS Drop hands on count 1, pick up both hands on count 8

[41-48] ROCK, REPLACE, SHUFFLE ¼ TURN LEADING LADY OUT, TURN LADY, SHUFFLE FWD

1,2,3& MAN: Rock fwd R, replace weight on L, step back R, turn ¼ left stepping side L

4,5,6 Step R next to L, turn ¼ left stepping fwd L (turning lady), step fwd R

7&8 Step fwd L, step R next to L, step fwd L

1,2,3& LADY: Rock back L, replace weight R, step fwd L step R next to L, step fwd L
4,5,6 Step fwd R, turn $\frac{1}{2}$ right stepping back L, turn $\frac{1}{4}$ right stepping side R
7&8 Step L next to R, turn $\frac{1}{4}$ right stepping fwd R

HANDS: Count 4: release ladies left. Count 6 release ladies right and pick up ladies left

[49-56] STEP, LOCK, SHUFFLE FWD, STEP, LOCK, SHUFFLE FWD

1,2,3&4 Step fwd R, cross lock L behind R, step fwd R, step L next to R, step fwd R
5,6,7&8 Step fwd L, cross lock R behind L, step fwd L, step R next to L, step fwd L
