

Your Heart or Mine (P)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 0 級數: Beginner Partner
編舞者: Guy Dubé (CAN) & Nancy Milot (CAN) - January 2023
音樂: Your Heart Or Mine - Jon Pardi



Intro : 16 counts.

Start in Double Hand Hold position, man facing LOD and lady facing RLOD.

The steps are the same for man and lady except if indicated.

[1-8] H : 1/4 TURN L TOUCH, 1/4 TURN R, RETURN, CROSS MAMBO, ROCK BACK, TRIPLE STEP

[1-8] F : 1/4 TURN L TOUCH, 1/4 TURN R, RETURN, CROSS MAMBO, ROCK BACK, STEP, PIVOT 1/2 TURN L, STEP

1-2 1/4 turn to left and touch R to right side, 1/4 turn to right and step R together L

3&4 Cross rock step L over R, recover on R, step L together R

5-6 Rock step R back, recover on L

7&8 H : Triple step on place with RLR

F : Step R forward, pivot 1/2 turn to left, step R forward (LOD)

*** On count 7, switch hands, lady's R hand with man's R hand etc.

You are now in Sweetheart position.

[9-16] H&F: WALKS FWD, 1/4 TURN R CHASSÉ to L, 1/2 TURN L CHASSÉ to R, 1/4 TURN R SHUFFLE FWD

1-2 Walk forward with LR

3&4 1/4 turn to right and chassé to left side with LRL (OLOD)

5&6 1/2 turn to left and chassé to right side with RLR (ILOD)

*** On count 5, let go both L hands and raise both R hands over the lady's head.

*** On count 6, take both L hands in the man's back.

7&8 1/4 turn to right and shuffle forward with LRL (LOD)

*** On count 7, let go both L hands and raise both R hands over the lady's head.

On count 8, take both L hands you are now in Sweetheart position.

[17-24] H&F : WALKS FWD, MAMBO STEP, WALKS BACK, COASTER STEP

1-2 Walk forward with RL

3&4 Rock step R forward, recover on L, step R together L

5-6 Walk back with LR

7&8 Step L back, step R together L, step L forward

[25-32] H : WALKS FWD, SHUFFLE FWD, SHUFFLE FWD, SWAYS

[25-32] F : WALKS FWD, SHUFFLE FWD, SHUFFLE FWD in 1/2 TURN R, SWAYS

1-2 Walk forward with RL

3&4 Shuffle forward with RLR

5&6 H : Shuffle forward with LRL

F : Shuffle forward in 1/2 turn to right with LRL (RLOD)

*** On count 5, the man let go both L hands and take them back on count 6

*** You are now in Double Hand Hold position.

7-8 Sways hips to right, left

TAG : At the 3rd repetition, do the first 6 counts of the dance and add 2 STOMP

7-8 Stomp R on place, stomp L on place

Restart from the beginning.

ENJOY AND HAVE FUN !

NANCY & GUY

