

My Heart My Home

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Low Improver
編舞者: Heather Barton (SCO) & Alexis Strong (UK) - April 2025
音樂: More Than A Feeling - Declan J Donovan



Intro: 8 Counts, Start at approx 4 secs

SEC 1 Syncopated Rocks, Back Shuffle, Back Rock

1-2& Rock right forward, recover weight on to left, step right beside left
3-4 Rock left forward, recover weight on to right
5&6 Step left back, step right beside left, step left back
7-8 Rock right back, recover weight on to left

SEC 2 Cross, Point, Weave, Side Rock Flick, Side Shuffle

1-2 Cross right over left, point left to left
3&4 Step left behind right, step right to right, cross left over right
5-6 Rock right to right, recover weight on to left flicking right behind left
7&8 Step right to right, step left beside right, step right to right

SEC 3 Cross, Side, ¼ Sailor Step Cross Rock, Ball Cross, ¼ Back

1-2 Cross left over right, step right to right
3&4 Turn ¼ left step left behind right, step right to right, step left forward (9:00)
5-6 Cross rock right over left, recover weight on to left
&7-8 Step right beside left, cross left over right, turn ¼ left step right back (6:00)

SEC 4 ¼ Side Shuffle, Cross Rock, Side Drag, Together Pop, Walk, Walk

1&2 Turn ¼ left step left to left, step right beside left, step left to left (3:00)
3-4 Cross rock right over left, recover weight on to left
5-6 Step right to right dragging left towards right, step left beside right popping right knee forward
7-8 Step right forward, step left forward
