

My Heart Knows Why

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Carolyn Jurek (CAN) - November 2024
音樂: My Heart Knows Why - Lynette Wolfe



Intro: 24 counts (approx. 11 secs) (No Tags or Restarts)

S1 (1-8) RIGHT CHARLESTON, R KICK FWD-SIDE, STEP R, TOUCH L

1-2 Kick R forward R, step R together
3-4 Touch L toe back, step L together
5-6 Kick R forward, kick R side
7-8 Step R together, touch L beside R

S2 (9-16) LEFT GRAPEVINE, RIGHT GRAPEVINE ¼ RIGHT, STEP L BESIDE R (3:00)

1-2 Step L to left side, cross R behind L
3-4 Step L to left side, touch R beside L
5-6 Step R to right side, cross L behind R
7-8 ¼ turn right stepping R forward, step L beside R (3:00)

S3 (17-24) RIGHT V-STEP FORWARD, RIGHT V-STEP BACKWARD

1-2 Step R forward into right diagonal, Step L forward into left diagonal
3-4 Step R back to centre, Step L beside R
5-6 Step R backward into right diagonal, Step L backward into left diagonal
7-8 Step R forward to centre, Step L beside R

S4 (25-32) BOUNCING PIVOT ¼ LEFT x 2 (9:00)

1 Step R forward
2-3-4 Bounce both heels slowly making ¼ turn left on the balls of both feet (12:00)
5 Step R forward
6-7-8 Bounce both heels slowly making ¼ turn left on the balls of both feet (9:00)

Start Over – Have fun!

Optional Ending:

At the end of Wall 9 (starts at 12:00), in Section 4: the first bouncing pivot turns from 3:00 to 12:00
– replace the second bouncing pivot with a V-step, to remain at 12:00 and end facing front

This dance won 3rd place in the Choreography Competition at Sunshine N Line, April 2025 - in the Country Beginner Dance category

This dance won 1st place in the GOLD Choreography Competition at the Vegas Dance Explosion, November 2024 - in the Beginner Dance category

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Last Update: 1 May 2025