

This Heart of Mine

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sue French (AUS) - May 2025
音樂: A Good Heart - Feargal Sharkey



Start: After 32 counts

SLOW SHUFFLE FORWARD LEFT, ROCK RIGHT

- 1-2 step L forward, tap R and lift L off the floor
- 3-4 step L in place, step R next to L
- 5-6 rock forward on R, rock back on L
- 7-8 rock back on R, rock forward on L

SLOW SHUFFLE FORWARD RIGHT, ROCK LEFT

- 9-10 step R forward, tap L and lift R off the floor
- 11-12 step R in place, step L next to R
- 13-14 rock forward on L, rock back on R
- 15-16 rock back on L, rock forward on R

WALK BACK WITH TOE POINTS

- 17-18 step L back, step R back
- 19-20 point L toe to left side, return to centre
- 21-22 step R back, step L back
- 23-24 point R toe to right side, return to centre

K STEP WITH ¼ TURN LEFT

- 25-26 diagonal step forward R, touch L beside R
- 27-28 diagonal step back L, touch R beside L
- 29-30 diagonal step back R, touch L beside R
- 31-32 step L with ¼ turn left, step R next to L

REPEAT

Last Update – 9 May 2025 – R1
