

A Grateful Heart (感恩的心)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 1 級數: Low Intermediate
編舞者: Jaslin Lim (SG) - May 2025
音樂: A Grateful Heart (感恩的心) - Ouyang Fei-Fei (欧阳菲菲)



Intro : 32 counts (This dance is dedicated to all Mothers on Mother's Day)

S1. NIGHTCLUB TWO STEPS, 1/4 TURN, PIVOT 1/2 TURN, 1/4 TURN SIDE CHASSE

1 2&3 4& Step R to right, rock L behind R and recover, step L to left, rock R behind L and recover
567, 8&1 1/4 turn right on R, step L forward, pivot 1/2 turn right, 1/4 turn right chasse left on L,R,L
(12:00)

S2. CROSS RECOVER SIDE (2X), CROSS SIDE BEHIND RONDE, BEHIND SIDE CROSS

2&3, 4&5 Cross R over L, recover and step R to right, Cross L over R, recover and step L to left
6&7, 8&1 Cross R over L, step L to left, step R behind L sweeping L from front to back, step L behind
R, step R to right, cross L over R (12:00)

S3. DIAMOND FALL AWAY WHILE 3/4 TURN LEFT

2&3, 4&5 Step R to right, step L back (10:30), step R back (9:00), step L to left, step R forward (7:30),
step L forward
6&7, 8&1 Step R to right (6:00), step L back, step R back (4:30), step L to left (3:00), step forward on
R,L

S4. RECOVER 1/4 TURN CROSS, SCISSOR CROSS (3X), SIDE DRAG

2&3, 4&5 Recover on R, 1/4 turn left step L to left and cross R over L (12:00) Step L to left, step R
besides L, cross L over R
6&7, 8& Step R to right, step L besides R, cross R over L, big step L to left, drag R in

Ending on Wall 8

1-4 Cross L over R, full unwind to right to face front, tap R behind L, and take a bow.

Wall 3, 6 & 7 (Hand Jive) - Optional

S1.

1-4 "A Grateful Heart" : Use both hands to form a "Heart" and bring it to your chest
5-8 "Thankful to You": Clasp both hands under chin (as if showing appreciation) and spread your
arms wide apart (signifying an offer to you)

S2.

1-4 "Accompanying Me Through Life": Place both hands across your shoulder (a form of hugs)
5-8 "Giving Me the Courage to Be Myself": Clench both fists under your chin (signifying courage)

S3.

1-4 "A Grateful Heart": Use both hands to form a "Heart" and bring it to your chest.
5-8 "Thankful For Destiny": Clasp your hands above your head (to form a roof)

S4.

1-4 "As Flowers Bloom And Wither": Spread your arms (to show flowers blooming) and wriggle
your fingers (like rainfalls) while bringing both hands down slowly (signifying flowers
withering)
5-8 "I Will Still Cherish Everything": Close your palms (as if in prayers) and look down
(representing cherish)

Note: The hand jive is for performance purpose only. Sway your hips while doing it. You can omit it if you wish

Email : Jaslinlw@gmail.com

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