

Shoot for the Heart

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Easy Intermediate
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音樂: shoot - NO NA



Tag 16 c after wall 8

Sec 1 : BRUSH, KNEE POP 3x, BACK ROCK, BEHIND SIDE CROSS

- 1 – 2 Brush R beside L, Step R to right side popping left knee
- 3 & 4 Hold, Step L in place popping right knee, Step R in place popping left knee
- 5 & 6 Step L behind R, Step R in place, Step L to left side
- 7 & 8 Step R behind L, Step L to left side, Cross R over L

Sec 2 : SYNCOPATED SIDE BACK ROCK, JAZZ BOX TURN CHASSE

- 1 & 2 Step L to left side, Step back on R, Step L in place
- & 3 & Step R to right side, Step back on L, Step R in place
- (stay on balls of feet and make them small steps)
- 4 Step fwd on L to left diagonal (10:30)
- 5 – 6 Cross R over L, Turn ¼ R Step back on L (1:30)
- 7 & 8 Turn 1/8 R Step R to right side, Step L beside R, Step R to right side (3:00)

Sec 3 : CROSS POINT, TOUCH, POINT, CROSS ROCK RECOVER

- 1 – 2 Cross L over R, Point R to right side
- 3 & 4 Hold, Touch R beside L, Point R to right side
- 5 & 6 Cross R over L, Step L in place, Step R to right side
- 7 & 8 Cross L over L, Step R in place, Step L to left side

Sec 4 : TOUCH, POINT, BEHIND SIDE CROSS, BOUNCE, CHEST PUMP

- 1 – 2 Touch R forward, Point R to right side
- 3 & 4 Step R behind L, Step L to left side, Cross R over L
- 5 – 6 Bounce on both feet turning ¼ left (12:00), Bounce on both feet turning ¼ left (9:00)
- &7&8 Chest out, Chest in, Chest out, Chest in

(Optional Styling : Push hands forward on count 7 and count 8)

TAG (16 count) after wall 8, facing 12:00

Sec 1 : SERPIENTE, ROCK FORWARD 2x

- 1 – 2& Step back on R sweeping L from front to back, Step L behind R, Step R to right side
- 3 – 4& Step forward on L sweeping R from back to front, Cross R over L facing left diagonal (10:30), Step L to left side still facing 10:30
- 5 – 6& Step forward on R, Step L in place, Turn 1/8 R Step R to right side (12:00)
- 7 – 8& Turn 1/8 R Step forward on L (1:30), Step R in place, Turn 3/8 L Step forward on L (9:00)

Sec 2 : Basic NC, HALF DIAMOND, SWAYS

- 1 – 2& Turn ¼ L Step R to right side (6:00), Step L beside R, Cross R over L
- 3 – 4& Step L to left side, Turn 1/8 R Step back on R (7:30), Step Back on L
- 5 – 6& Turn 1/8 R Step R to right side (9:00), Turn 1/8 R Step forward on L (10:30), Step forward on R
- 7 – 8& Turn 1/8 R Step L to left side sway body to left (12:00), Sway body to right, Sway body to left