

# One Heart

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Vivienne Scott (CAN)  
音樂: One Heart - Céline Dion



## HIP SWAYS FORWARD/BACK, SIDE ROCK RIGHT, SYNCOPATED VINE WITH ¼ TURN

- 1-2      Step right forward to right side swaying hips to right, step left forward to left side swaying hips to left
- 3-4      Step right back to right side swaying hips to right, step left back to left side swaying hips to left
- 5-6      Rock right to right side, recover on left
- 7&8      Step right behind left, step left to left side with ¼ turn left, step forward right

## WALKS FORWARD, LEFT LOCK BACK, ROCK BACK, STEP PIVOT ½ TURN LEFT

- 9-10      Walk forward left, right
- 11&12      Step left back, lock right in front of left, step left back
- 13-14      Rock right back, recover on left
- 15-16      Step forward right, pivot ½ turn left

## SHUFFLE FORWARD WITH ½ TURN LEFT, ROCK BACK, SHUFFLE FORWARD WITH ½ TURN RIGHT, ROCK BACK

- 17&18      Step forward right, close left beside right, step forward right with ½ turn left
- 19-20      Rock left back, recover on right
- 21&22      Step forward left, close right beside left, step forward left with ½ turn right
- 23-24      Rock right back, recover on left

## SYNCOPATED HEEL SWITCHES, STEP DRAG FORWARD, RIGHT KICK STEP BACK BALL CHANGE, KICK RIGHT FORWARD, STEP OUT/OUT

- 25&      Touch right heel forward, step right beside left
- 26&      Touch left heel forward, step left beside right
- 27-28      Step forward right, step drag left beside right
- 29&30      Kick right foot forward, step touch back on ball of right foot, step down on left (weight on left, right still back)
- 31&32      Kick right foot forward, step out on right, step out on left (feet slightly apart)

## REPEAT

## RESTART

For "One Heart" by Celine Dion only: walls 3 and 7 (both facing side @ 9:00) and wall 10 (facing back @ 6:00) after counts 23-24 rock back on right, recover on left, start again

## TAG

For "One Heart" by Celine Dion only: at the end of wall 9 (facing side @ 3:00 wall): hold for four counts with arms out to side, palms facing down to the ground

## GRAND FINISH

For "One Heart" by Celine Dion only: at the end of the song facing the front, dance counts 25&26&27, on count 27 arms out to the side.

For Keith Urban, finish with counts 31&32 facing the front