

Patient Heart

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 2 級數: Intermediate
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音樂: Patient Heart - Bekka & Billy



WALK, WALK, SHUFFLE

1-2-3&4 Step forward right, step forward left, shuffle forward right (right-left-right)

STEP, ¼ TURN, CROSS SHUFFLE

5-6-7&8 Step forward left turning ¼ turn right stepping onto right, cross shuffle left over right (left-right-left)

SIDE ¼ TURN, TOUCH BACK ½ TURN, SHUFFLE

1-2-3&4 Step right to right side turning ¼ turn left, step back on left turning half turn left, shuffle forward right (right-left-right)

STEP, TURN ¼ PLUS 1/8 TURN RIGHT, (DIAGONAL) CROSS, LOCK, STEP, LOCK, STEP

1-2-3&4 Step forward left turning ¼ plus 1/8 turn right onto right, (diagonal right, traveling) cross left over right, lock right behind left, step forward left

&5 Lock right behind left, step forward left

6-7&8 Turning 45 degrees right (straightening up) double kick right over left, ball change together right, left

SCUFF RIGHT ¼ TURN, SCUFF LEFT, STEP LEFT ½ TURN

1-2-3-4 Scuff right, turning ¼ turn right step on right, scuff left, turning half turn right step onto left

SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT

1&2-3&4 Shuffle forward right (right-left-right), shuffle forward left (left-right-left)

SYNCOPATED- OUT OUT IN IN, DOUBLE HEEL BOUNCE

&1&2-3-4 Jump feet apart right, left, jump feet together right, left, double heel bounce

SCUFF RIGHT, TOUCH TOE, HEEL, HEEL, SCUFF LEFT, TOUCH TOE, HEEL, HEEL

1-2-3-4 Scuff right 45 degrees over left, touch right toe to 45 degrees right, tap right heel, tap right heel (end weight right and body angled at 45 degrees right)

1-2-3-4 Scuff left 45 degrees over right, touch left toe to 45 degrees left, tap left heel, tap left heel (end weight left and body angled at 45 degrees left)

KICK RIGHT BALL CHANGE TWICE

1&2-3&4 Kick right ball change 45 degrees over left (kick right, step right, step left), kick right ball change over left turning ¼ left

STEP FORWARD RIGHT, ½ TURN PIVOT, ½ TURN PIVOT

1-2-3-4 Step forward right 45 degrees left, pivot half turn left, step forward right, pivot half turn left

REPEAT

BRIDGE:

Bridge occurs at the end of walls 3, 6 & 8. At the end of these walls please add the following:

STEP RIGHT, CROSS LEFT BEHIND, SHUFFLE SIDE RIGHT, KICK BALL CHANGE, KICK BALL CHANGE

1-2-3&4 Step right to right, cross left behind right, side shuffle right (right-left-right)

5&6-7&8 Kick left ball change 45 degrees over right, kick left ball change 45 degrees over right turn a full turn left, side shuffle left, kick right ball change, kick right ball change

1-2-3&4
5&6-7&8

Traveling turn a full turn left stepping left, right, side shuffle left (left-right-left)
Kick right ball change 45 degrees over left, kick right ball change 45 degrees over left
