

This Old Heart Of Mine

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Anita Ludlow (UK)
音樂: This Old Heart of Mine - The Isley Brothers



CROSS, STEP, SAILOR SHUFFLE TWICE

1-2 Cross right over left, step left to left side
3&4 Cross right behind left, step on ball of left to left side, step right in place
5-6-7&8 Repeat, reversing footwork

2X SAILOR SHUFFLES, GRAPEVINE WITH 1-¼ TURNS

1&2 Sweep right behind left, step on ball of left to left side, step right in place
3&4 Sweep left behind right, step on ball of right to right side, step left in place
5-6 Step right to right side, qtr turn right as you step left behind right
7-8 Step forward on right & swivel half turn right, step forward on left & swivel half turn right

SYNCOPATED WALKS FORWARD

1-2 Step forward on right, hold for one count
&3-4 Step left closely behind right on '&' count. Step forward on right, hold for one count
5-6&7-8 Repeat, reversing footwork

STEP, STEP, CIRCLE HIPS. SQUAT RECOVER TWICE

1-2 Step forward right, step forward left
3-4 Circle hips over two counts to the left
5 Take right to right side & squat with hands resting on thighs
6 Recover standing position by bringing left leg next to right & clap
7 Take right to right side & squat with hands resting on thighs
8 Recover standing position by bringing left leg next to right & clap

REPEAT
