

# Hard On The Heart

COPPER KNOB  
STEPSHEETS

拍數: 62      牆數: 2      級數: Intermediate  
編舞者: Ann Van Hove (CAN)  
音樂: You're Easy On the Eyes - Terri Clark



Begin dance with arms by your sides, head looking to the left

## AND STOMP, LOOK, HANDS ON WAIST, ½ TURN, ROCK

&1-2      Jump back on left, bring right foot ahead, face forward on 2  
3&4-5&6      Shuffle forward left, right, left, shuffle, ½ turn, right, left, right  
7-8      Rock back on left

## MAMBO STEP

9&10      Mambo forward with left  
11&12      Mambo back with right

## LEFT TOUCH MONTEREY, RIGHT ½ TURN

13-16      Step left foot to left, bring left foot back to center, step right foot to right, bring back to center-  
immediately do a ½ turn in this count  
17-20      Repeat monterey step with ½ turns again

## MAMBO STEP

21-24      Repeat mambo above

## LEFT SYNCOPATED VINE WITH COASTER STEPS & HEELS

25-26&27-28      Step to left on left foot, step behind with right foot and quickly step on to ball of left foot step  
on to right foot in front of left foot, step on to left foot next to right  
29-30      Coaster step back, right, left together, right forward

31-32      Left heel step  
33-34      Right heel step

**For styling, on left heel step, put right hand behind right ear, left hand on left hip and put left hand by left ear, right hand on right hip when doing right heel step**

35-44      Repeat to right using opposite footwork

## ROCK, TRIPLE ½ TURN

45-46-47&48      Step right foot forward, back on left, triple step with a ½ turn right  
49-50-51&52      Step left foot forward, weight back on right, triple step with a ½ turn left

## KICK BALL CHANGES WITH STOMPS & STAMPS

53&54-55-56      Right kick ball change, stomp right, stomp left  
57&58-59-60-61-62      Right kick ball change, stomp right, stamp left 3 times

**When stamping 3 times with left, move head slightly to left each time. On 3rd stamp head will be facing left to begin dance again**

**REPEAT**