

# From The Heart

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Anne Hewitt (UK)  
音樂: I Hope You Dance - Lee Ann Womack



Written to the slow version of "I Hope You Dance" but works well to the Rawling Radio Edit for a faster dance.

## ROCK RIGHT LEFT, RIGHT SIDE SHUFFLE, ROCK LEFT RIGHT, LEFT FOOT SIDE SHUFFLE

- 1-2      Rock right to right side (sway hips right), rock onto left foot in place (sway hips left foot)
- 3&4      Step right to right side, step left next to right) step right to right side (slightly elevate the body when stepping left foot next to right)
- 5-6      Rock left to left side (sway hips left foot) rock onto right in place (sway hips right)
- 7&8      Step left to left side, step right next to left foot, step left to left side (slightly elevate the body when stepping left next to right)

## RIGHT REVERSE ½ PIVOT, LEFT MAMBO, LEFT FOOT REVERSE ½ PIVOT, LEFT MAMBO

- 1-2      Touch toes of right back reverse ½ pivot following right shoulder (weight now on right)
- 3&4      Rock forward on left, rock back onto right, step left foot next to right
- 5-6      Touch toes of right back reverse ½ pivot following right shoulder (weight now on right)
- 7&8      Rock forward on left, rock back onto right, step left foot next to right

## WALK RIGHT WALK LEFT, RIGHT STEP LOCK STEP, WALK LEFT FOOT WALK RIGHT, LEFT FOOT STEP LOCK STEP

- 1-2      Walk forward right sway hips right walk forward left sway hips left
- 3&4      Step forward right, lock step left behind right, step forward right
- 5-6      Walk forward left foot sway hips right walk forward left sway hips left
- 7&8      Step forward left, lock step right behind left, step forward left (weight now forward on left)

## SLIDE ¼ PIVOT RIGHT, ¾ TRIPLE TURN, SLIDE ¼ PIVOT RIGHT, FULL TRIPLE TURN

- 1-2      Slide balls of right back slightly keeping leg as straight as possible, reverse pivot ¼ turn right following right shoulder (weight now on right)
- 3&4      Triple ¾ turn right on the spot following right shoulder stepping left, right, left
- 5-6      Repeat 1 -2
- 7&8      Triple full turn right on the spot following right shoulder stepping left right left

Optional: raise both arms torso height slightly bent inwards as you are turning during steps 3 &4 and 7&8

## REPEAT