

Heal The World

COPPER KNOB
STEPPERS

拍數: 0 牆數: 2 級數: Phrased Intermediate / Advanced
編舞者: Lin Hui Chan - January 2010
音樂: Heal the World - Michael Jackson



Dance sequence:- A, A-, Tag, A, A-, B, A, A-, C, C, D, Ending with Hand Language

Part A (48 cts)

Forward R , L Rock Step , 3/4 L Sailor , Sway RL, R Lock Step

- 1-2-3 Step R forward, Rock L forward & recover weight on R (12.00)
- 4& 5 Cross step L behind R, turn 3/4 Left stepping R in Place, step L to left (3.00)
- 6 – 7 Sway R, Sway L (3.00)
- 8& 9 Step R forward , step & cross L behind R, step R forward (3.00)

1/2 R Pivot Turn, Triple Full Turn L, R Rock Step, R Coaster Step

- 10 – 11 Step forward on left, pivot 1/2 turn to right (9.00)
- 12& 13 Triple full turn left by stepping forward L R L (9.00)
- 14 – 15 Rock R Forward, recover weight on L (9.00)
- 19& 17 Step R backward, step L next to R, step R forward (9.00)

Scuff Hitch Cross, Chasse Right, Side Rock, Back Rock

- 18& 19 Scuff L, Hitch L Knee, Cross L over R (9.00)
- 20& 21 Step right to right. Step left next to right, step right to right (9.00)
- 22 – 23 Rock L to left, Recover weight on right (9.00)
- 24& Rock back on left, recover on right, (9.00)

Side Step, 1/2 Hinge Turn, Cross Shuffle, Side Touch, Back Rock 1/4 R Turn

- 25& 26 Step L to left, Hook R beside L toe, Make 1/2 turn right step R to right (3.00)
- 27& 28 Cross Shuffle LRL (3.00)
- 29 – 30 Step R to right, Touch L next to R (3.00)
- 31& 32 Rock back L & recover weight on R, Make 1/4 right turn step L next to right. (6.00)

A- : Dance until Count 32 only

Rolling Vine, Cross, Diagonal Rock / Press, Behind-Side-Cross, 1/4 Lturn

- 33& 34 Make a full turn to right stepping Right-Left-Right (6.00)
- 35-36-37 Cross Left over Right, Rock / press R to R diagonal forward, recover weight on left (6.00)
- 38& 39 Step & cross R behind L, Step L to Left, Cross R over L (6.00)
- 40 Make a 1/4 left turn stepping L forward (3.00)

Right Twinkle, Left Twinkle, Pivot 1/4 L Turn, Pivot 1/2 L Turn

- 41& 42 Cross step R in front of L, Step ball of L to left, Step R to right (3.00)
- 43& 44 Cross step L in front of R, Step ball of R to right, Step L to left (3.00)
- 45 – 46 Step forward on R, pivot 1/4 turn Left (12.00)
- 47 – 48 Step forward on R, pivot 1/2 turn Left (6.00)

Tag : After First A- Only.

Right Rocking Chair

- 1 - 4 Rock forward R, Recover onto L, Rock backward R, Recover onto L.

Part B (32 cts)

2 Quick Step Point, 3 Back Step Point, Side Step L&R, L Rolling Vine

- 1& 2 Forward quick step on R, quick step on L, Point R toe forward (12.00)

(Hand Movement on count 2 - Bend body forward, head down & stretching both arm forward parallel to floor)

3& 4 Back quick step on R, L , large back step on R with L toe point forward

(Hand Movement - Raise body back to normal, hand at both side with palm facing forward)

5 – 6 Rock/Step L to left, Rock/Step R to right (12.00)

7& 8 Make a full turn to left stepping Left-Right-Left (12.00)

Cross Rock, Ball Change, Cross Rock, Ball Change, Pivot 1/2 Turn L x 2

9 - 10& Cross R over L, recover weight on L, step R next to L (12.00)

11 - 12& Cross L over R, recover weight on R, step L next to R (12.00)

13 – 14 Step R forward, make pivot 1/2 turn left (6.00)

15 – 16 Step R forward, make pivot 1/2 turn left (12.00)

17 – 32 Repeat 33 - 48 of Part A (You will facing 12.00 after finish dancing Part B)

Part C (32 cts)

1 – 8 Walk Forward: RLRL easy step, Walk backward: RLRL easy step (12.00)

(Raise both arm over head & Lower both arm at waist)

Rock Step R L x 8 cts (Plus Hand Language)

9 – 10 Rock R to right, Hold (Hand Language: For You) (12.00)

11 – 12 Rock L to left, Hold (Hand Language: and for me) (12.00)

13 – 14 Rock R to right, Hold (Hand Language: and the entire) (12.00)

15 – 16 Rock L to left, Hold (Hand Language: Human race) (12.00)

17 – 32 Repeat 33 - 48 of Part A (You will facing 12.00 after finish dancing Part C)

Part D (32 cts)

Rock Step R L x 8 cts, Hand Language x 8 cts... x 2

(All dance step are facing 12.00 during Part D)

1 – 2 Rock R to right, Hold

3 – 4 Rock L to left, Hold

5 – 6 Rock R to right, Hold

7 – 8 Rock L to left, Hold

9 – 16 Hand Language (Make a better place for you & for me)

17 - 32 Repeat 1 - 16

Ending

1 – 8 Repeat 1 - 8 cts of Part D

9 – 16 Repeat 1 - 8 cts of Part D

17 – 56 Hand language till music fade (Save it for the children, heal the world for the living)
