

# Hands On My Heart

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Easy Intermediate  
編舞者: Vivienne Scott (CAN) - February 2011  
音樂: Don't Take Your Hands Off My Heart - Dawn Sears



## Start on lyrics

### [1-8] CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE

1-2            Cross rock R over L, recover on L,  
3&4            Shuffle to the right stepping, r,l,r  
5-6            Cross rock L over R, recover on R  
7&8            Shuffle to the left stepping, l,r,l

### [9-16] ROCK FORWARD, RECOVER, 1/2 TURN SHUFFLE, PIVOT 1/2 TURN, SHUFFLE FORWARD

1-2            Rock forward on R, recover on L  
3&4            Turn 1/2 R and shuffle forward, r,l,r  
5-6            Step L forward, pivot 1/2 turn R  
7&8            Shuffle forward stepping l,r,l

### [17-24] ROCK FORWARD, RECOVER, 1/4 TURN SHUFFLE, WEAVE

1-2            Rock forward on R, recover on L  
3&4            Turn 1/4 R and shuffle to the right stepping r,l,r  
5-8            Cross L over R, step R to R side, step L behind R, step R to R side

### [25-32] CROSS ROCK, RECOVER, 1/4 TURN SHUFFLE, PIVOT 1/2 TURN X 2

1-2            Cross rock L over R, recover on R  
3&4            Turn 1/4 L and shuffle in place stepping l,r,l  
5-6            Step R forward, pivot 1/2 turn L  
7-8            Step R forward, pivot 1/2 turn L

(Easier Option for 5-8 Rocking Chair)

### [33-40] SHUFFLE FORWARD, PIVOT 1/2 TURN X 2, SHUFFLE FORWARD

1&2            Shuffle forward stepping r,l,r  
3-4            Step L forward, pivot 1/2 turn R  
5-6            Step L forward, pivot 1/2 turn R  
7&8            Shuffle forward stepping l,r,l

(Easier Option for 3-6 Rocking Chair)

### [41-48] ROCKS FORWARD, SIDE, BACK, SWAYS

1-4            Rock forward on R, recover on L, rock R to right side, recover on L  
5-8            Rock back on R, recover on L, step R to right side & sway R, sway L

### [49-56] STEP, HOLD, ROCK BACK, RECOVER, STEP TURNS, SHUFFLE FORWARD

1-2            Step R to right side, hold  
3-4            Rock back on L, recover on R  
5-6            Turn 1/4 R & step L to left side, turn 1/2 R & step R forward  
7&8            Shuffle forward stepping l,r,l

### [57-64] R DIAGONAL LOCK FORWARD, BRUSH, L DIAGONAL LOCK FORWARD, BRUSH

1-4            Step R to right diagonal, lock L behind R, step R to right diagonal, brush L beside R  
5-8            Step L to left diagonal, lock R behind L, step L to left diagonal, brush R beside L

RESTART: On 4TH wall facing 3 o'clock, dance first 16 counts, then start again

There is also a partner version of this dance.

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