

Heavy Heart

COPPER KNOB
BY PERFORMERS

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Lee Hamilton (SCO) & Stephen & Lesley McKenna (SCO) - May 2017

Music: Frames - Lee DeWyze : (iTunes)



Intro: 32 Counts

[Section 1] R shuffle fwd, L fwd, ¼ R pivot turn, cross L, ¼ L stepping R back, L coaster step

- 1 & 2 Step R fwd, close L beside R, step R forward □□□□(12:00)
3 & 4 Step L fwd, pivot ¼ R □□□□ □□□□(03:00)
5 & 6 Cross L over R, make a ¼ L by stepping R back □□□ □(12:00)
7 & 8 Step L back, close R beside L, step L fwd□□□□□(12:00)

[Section 2] R fwd, L hitch, L coaster step, ¼ L stepping R side, hold, ball side, L touch

- 1 & 2 Step R fwd, hitch L knee□□□□□□□(12:00)
3 & 4 Step L back, close R beside L, step L fwd□□□□□(12:00)
5 & 6 Make a ¼ L by stepping R to right side, hold□□□□□(09:00)
& 7 & 8 Step ball of left beside right, step R to right side, touch L beside right□(09:00)

[Section 3] ¼ L stepping L fwd, ¼ L stepping R side, L behind, ball cross, R side rock, together, switch toes L & R

- 1 & 2 Make a ¼ L by stepping L fwd, Make a ¼ L by stepping R to right side□(03:00)
3 & 4 Cross L behind R, step R to right side, cross L over R□□□(03:00)
5 & 6 & Rock R to right side, recover, close R beside L□□□□(03:00)
7 & 8 Point L toe to left side, close L beside R, point R toe to right side□□(03:00)

[Section 4] R sailor, ¼ Sailor Left, R jazz box, L shuffle fwd

- 1 & 2 Step R foot behind L, step L to left side, recover onto R□□□(03:00)
3 & 4 Cross L ¼ left behind R, small step R to right side, recover onto L□□□(12:00)
5 & 6 & 7 Cross R over L, step L back, step R to right side□□□□(12:00)
8 & 1 Step L fwd, close R beside L, step L forward□□□□□(12:00)

[Section 5] R rock fwd, 1/2 shuffle R, ¼ R stepping L side, R kick, R out, L out, ball cross L

- 2 & 3 Rock R fwd, recover onto L□□□□□□□(12:00)
4 & 5 Step R ¼ right, step L beside R, step R ¼ right fwd□□□□(06:00)
6 & 7 Make a ¼ R by stepping L to left side, kick R fwd□□□□(09:00)
& 8 & 1 Step R to right side, step L to left side, close R beside L, cross L over R□(09:00)

[Section 6] Hold, R out, L out, ball cross L, R chasse, L sailor

- 2 Hold□□□□□□□□□(09:00)
& 3 & 4 Step R to right side, step L to left side, close R beside L, cross L over R□(09:00)
5 & 6 Step R to right side, step L beside right, step R to right side□□□(09:00)
7 & 8 Step L foot behind R, step R to right side, recover onto L□□□(09:00)

[Section 7] R cross shuffle, back shuffle ¼ R, 1/2 shuffle R, L mambo

- 1 & 2 Cross R over left, step L to left side, cross R Right over left□□□(09:00)
3 & 4 Make a 1/4 R by stepping back on L, close R beside L, step back on L□(12:00)
5 & 6 Step R ¼ right, step L beside R, step R ¼ right fwd□□□□(06:00)
7 & 8 Rock L fwd, recover onto R, close L beside R□□□□(06:00)

[Section 8] Walk back R & L, R ball rock, L back shuffle, R out, L out, R touch

- 1 & 2 & Step R back, step L back, close R beside L□□□□□(06:00)
3 & 4 Rock L fwd, recover onto R□□□□□□□(06:00)

5 & 6 Step back on L, close R beside L, step back on L□□□□(06:00)
& 7 8 Step R to right side, step L to left side, touch R beside L□□□□(06:00)

Taglet: Step change on Wall 2 Section 6 - counts 7 & 8 become a Sailor 1/4 L back to 12 O'Clock

Contact: Leeh040595@icloud.com or stephen-edward-mckenna@sky.com
