

Take This Heart

COPPER KNOB
BY STEPHENETS

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Gudrun Schneider (DE) & Heather Barton (SCO) - October 2025

Musique: Take This Heart - Rea Garvey : (iTunes)



Intro 8 counts, start on lyrics

S1: SIDE R, TOGETHER, SHUFFLE FWD R, SIDE L, TOGETHER, COASTER STEP L

- 1-2 RF step right, LF step beside RF
- 3&4 RF step forward, LF step beside RF, RF step forward
- 5-6 LF step left, RF step beside LF
- 7&8 LF step back, RF step beside LF, LF step forward

S2: SYNCOPATED ROCKS R + L, WALK ¾ TURN LEFT

- 1-2 RF step forward, recover on LF R L
- &3-4 RF beside LF, LF step forward, recover on RF
- &5-6 Walk around left stepping R, L,
- 7-8 R, L making a ¾ turn over L shoulder (3:00)

RESTART on wall 5

S3: WEAWE LEFT, POINT, CROSSING SHUFFLE L, SIDE R, 1/4 Turn L

- 1-2 RF over LF, LF step side
- 3-4 RF behind LF, LF point left
- 5&6 LF cross over RF, RF step right, LF cross over RF
- 7-8 RF step left, ¼ turn left - LF step left (12:00)

S4: JAZZ BOX, HEEL GRIND ¼ TURN R, BACK ROCK R

- 1-2 RF over LF, LF step back,
- 3-4 RF step right side, LF step forward
- 5-6 RF heel grind, ¼ turn right (3:00)
- 7-8 RF step back, recover on LF

ENDING wall 11

Change the heel grind ¼ to heel grind ½ to 12:00

Have Fun!

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