

Heal My HEART

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Val Saari (CAN) & Ribka Tobing (INA) - August 2024

Music: Heal My Heart - Imanbek & YouNotUs



INTRO: 16 counts

Begin on the downbeat on the word "lonely"

MODIFIED RUMBA BOXES FWD

- 1-2 Step RF right, Step LF beside R (optional drag)
- 3-4 Touch RF toes forward, Step RF heel down
- 5-6 Step LF to left side, Step RF beside L (optional drag)
- 7-8 Touch LF toes forward, Step LF heel down

BACKWARDS STEP TOUCHES X 2, MONTEREY 1/4 TURN R, POINT L, TOGETHER

- 1-2 RF Step back, LF Touch beside R
- 3-4 LF Step back, RF touch beside L
- 5-6 Point RF toes to right side, 1/4 turn right step RF together
- 7-8 Point LF to L side, Step LF beside R

SIDE POINT R/TOUCH, STEP RF RIGHT, STEP LF TOGETHER, RF ROCKING CHAIR

- 1-2 Point RF to right, Touch RF beside LF
- 3-4 Step RF right, Step LF together (optional drag)
- 5-6 Rock RF forward, Recover on LF
- 7-8 Rock RF back, Recover on LF

CHARLESTON, RF STEP TURN 1/2 L, WALK FORWARD R,L

- 1-2 Step RF forward, Kick LF forward
- 3-4 Step LF back, Tap RF back
- 5-6 Step RF forward, Turn 1/2 L (9:00 weight on left)
- 7-8 Walk forward R, L

No tags, no restarts

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