

Heartbreaker (碎心人) (zh)

COPPER KNOB
BY STEPHEN METZ

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Kate Sala (UK) - 2006年01月

Musik: Heartbreaker - Bluelagoon



前奏： Start both tracks on the Heavy beat after intro.

第一段 R Side Step, Together, Scissor Step, Full Turn R, Scissor Step.
右 併, 剪刀步, 右轉圈, 剪刀步

1-2 Step R to R side. Step L next to R.
右足右踏, 左足併踏

3&4 Step R to R side. Step L next to R. Cross step R over L.
右足右踏, 左足併踏, 右足於左足前交叉踏

5-6 Turn $\frac{1}{4}$ R stepping back on L. Turn $\frac{1}{2}$ R stepping forward on R.
右轉90度左足後踏, 右轉180度右足前踏

7&8 Turn $\frac{1}{4}$ R stepping L to L side. Step R next to L. Cross step L over R. 右轉90度左足左踏, 右足併踏, 左足於右足前交叉踏

第二段 Turn $\frac{1}{4}$ L Walking Back on R, L, Coaster Step, Forward Step, Full Turn L. 左1/4後 後, 海岸步, 踏, 三步轉圈

1-2 Turn $\frac{1}{4}$ L stepping back on R. Step back on L.
左轉90度右足後踏, 左足後踏

3&4 Step back on R. Step L next to R. Step forward on R.
右足後踏, 左足併踏, 右足前踏

5-8 Step forward L. Full turn L travelling forward on R, L, R. (Facing 9 o'clock). 左足前踏, 左轉圈-右, 左, 右(向前移動, 面向9點鐘)

第三段 Sailor Step, Weave L, Step L, Step Together, Swivel R.
水手步, 後旁前, 左 併, 向右旋轉三次-踵 趾 踵

1&2 Cross step L behind R. Step R to R side. Step L to L side.
左足於右足後交叉踏, 右足右踏, 左足左踏

3&4 Cross step R behind L. Step L to L side. Cross step R over L.
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Step L to L side. Step R next to L.
左足左踏, 右足併踏

7&8 Swivel heels R, Swivel toes R, Swivel heels R.
雙足踵轉向右, 雙足趾轉向右, 雙足踵轉向右

第四段 Back Rock & Scuff, L Forward Lock Step, Forward Touch, Side Touch R, Sailor $\frac{1}{2}$ Turn R. 後下沉 回復 擦踢, 前鎖步, 前點 側點, 轉水手

1&2 Rock back on L. Recover on to R. Scuff L forward lifting up on to the ball of R. 左足後下沉, 右足回復, 左足前擦踢抬重心在右足

3&4 Step forward on L. Lock step R behind L. Step L down in place. (Lock step in place). 左足前踏, 右足於左足後鎖踏, 左足踏(鎖踏步)

5-6 Touch R toe forward. Touch R toe out to R side.
右足趾前點, 右足趾右點

7&8 R sailor step completing $\frac{1}{2}$ turn R. (Facing 3 o'clock).
右180度轉水手(面向3點鐘)

第五段 Walk Forward L, R. Syncopated Rocking Chair With L Side Touch. Weave R. 走走, 搖椅步, 下沉 回復 左點, 後旁前

1-2 Walk forward on L, R. 左足前走, 右足前走

- 3&4& Rock forward on L. Recover on to R. Rock back on L. Recover on to R. 左足前下沉, 右足回復, 左足後下沉, 右足回復
- 5&6 Rock forward on L. Recover on to R. Side touch L out to L side. 左足前下沉, 右足回復, 左足左點
- 7&8 Cross step L behind R. Step R to R side. Cross step L over R. 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

第六段 R Side Rock, Cross Shuffle, Turn ½ R on L, R, Turn ½R On Spot Stepping L, R, L. 右下沉 回復, 交叉交換, 轉 轉, 三步轉圈

- 1-2 Side rock R on R. Recover on to L. 右足右下沉, 左足回復
- 3&4 Cross step R over L. Step L to L side. Cross step R over L. 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 5-6 Turn ½ R on the spot stepping on L, R 右原地轉180度-左, 右
- 7&8 Turn ½ R on the spot stepping on L, R, L. (Lift your knees & make it funky). 原地右轉180度-左, 右, 左

*Restart here during the 1st wall. Restart from the beginning.

第一面牆跳至止, 從頭起跳

第七段 Weave R 1 2 3 & 4, Kick L Across , Side Touch L, L Hitch Ball Cross. 右藤步(1 2 3&4), 交叉踢, 側點, 左抬 踏 交叉

- 1-2 Step R to R side. Cross step L behind R 右足右踏, 左足於右足後交叉踏
- &34 Step R to R side. Cross step L over R. Step R to R side. 右足右踏, 左足於右足前交叉踏, 右足右踏
- 5-6 Kick L across the body to R diagonal. Touch L toe out to L side. 面向右斜角左足於右足前交叉踢, 左足趾左點
- 7&8 Hitch up L knee. Step down on ball of L. cross step R over L. 左膝抬, 左足踏, 右足於左足前交叉踏

第八段 Full Turn L , Chasse L. Kick R Across , Side Touch R. R Hitch Ball Cross. 轉 轉, 左追步, 交叉踢, 右點, 右抬 踏 交叉

- 1-2 Full turn L travelling to the L side on L, R (Complete the turn with the next chasse). 左轉圈-左, 右
- 3&4 Step L to the L side. Step R next to L. Step L to the L side. 左足左踏, 右足併踏, 左足左踏
- 5-6 Kick R across the body to the L diagonal. Touch R toe out to R side. 面向左斜角右足於左足前交叉踢, 右足趾右點
- 7&8 Hitch up R knee. Step down on ball of R. Cross step L over R. 右膝抬, 右足踏, 左足於右足前交叉踏
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