

# Break Your Heart (傷了你的心) (zh)

COPPER KNOB  
BYEPOSTETS

Compte: 64

Mur: 2

Niveau: Intermediate/Advanced



Chorégraphe: Shaz Walton (UK) - 2009年08月

Musique: Break Your Heart - Taio Cruz

前奏 : Count in – start on the word 'Baby'

**第一段** Walk Back. Back. Sailor ½ . Press. Back. Sailor ¼. Side.  
後走, 後, 水手1/2, 壓, 後, 水手1/4, 側

1-2 Walk back right. Walk back left. 右足後走, 左足後走

3&4 Cross right behind left making ¼ right. Step back left making ¼ right. Press right forward.  
右轉90度右足於左足後交叉踏, 右轉90度左足後踏, 右足前壓踏

5 Step back on left. 左足後踏

6&7 Sailor ¼ Cross Right. 右轉90度水手交叉

8 Step left to left side. 左足左踏

**第二段** Cross. Rock. Recover/Hitch. Side. Cross Rock. Side. Cross. ¼. Forward 交叉 下沉 回復/抬 側 交叉下沉 側  
交叉 1/4 前

1 Cross step right over left. 右足於左足前交叉踏

2&3 Rock out to left. Recover on right as you hitch left. Step left to left. 左足左下沉, 右足回復左足抬, 左足左踏

4&5 Cross rock right behind left. Recover on left. Step right to right.  
右足於左足後交叉下沉, 左足回復, 右足右踏

6-8 Cross step left over right. Make ¼ right stepping right forward. Step left forward. 左足於右足前交叉踏, 右  
轉90度右足前踏, 左足前踏

**第三段** Forward. Grind. ¼. Grind ¼. Chug ¼ Right X3  
前, 踵轉1/4, 踵轉1/4, 右平踏三次轉1/4

1 Step forward right. 右足前踏

2-3 Dig left heel beside right. Make ¼ left dropping left toes- taking weight 左足踵併點, 左轉90度左足踏

4-5 Dig right heel beside left. Make ¼ right dropping right toes- taking weight 右足踵併點, 右轉90度右足踏

6-8 Keeping right foot flat on floor make ¼ right – left foot stays flat & touches to side x3. 左足向左平踏點三次,  
左足踏  
(Drop weight to left on count 8) 第8拍踏下重心回左足

**第四段** Ball. Cross. 1/4. Rock. Recover. Back. Shuffle ½ Turn (Lean Back) Side 併 交叉 1/4 下沉回復 後 轉交換 側

&1 Step right beside left. Cross left over right.  
右足併踏, 左足於右足前交叉踏

2-4 Make ¼ right stepping right forward. Rock forward left. Recover on right 右轉90度右足前踏, 左足前下沉,  
右足回復

5 Step back left. 左足後踏

6&7 (leaning back- circle upper body) step right to side ¼ right. Step left beside right making ¼ right. Step right  
forward.  
右足右踏右轉90度, 左足併踏右轉90度, 右足前踏

8 Step left to left side. (Roll Hips left)  
左足左踏左轉臀

**第五段** Side. Touch. Out. ¼. Fall. Step. ¼. Cross.  
側 點外 1/4 踏 踏 1/4 交叉

1-2 Step right to right side (Roll Hips Right) Touch left behind right.  
右足右踏(右轉臀), 左足併點

3-4 Touch left to left side. Keeping left leg straight make ¼ left (weight on right) 左足左點, 左轉90度左足伸直  
重心在右足

5-6 Transfer weight to left as if falling forward. Step forward right.  
重心轉到左足, 右足前踏

7-8 Pivot ¼ left. Cross right over left.  
左軸轉90度, 右足於左足前交叉踏

**第六段 Back. Together. Forward. Rock. Recover. ½. Triple Full Turn. Together. Dip. 後併前 下沉回復 1/2 小三步轉併蹲**

&1 Step back left. Step right beside left. (Raise on to toes)  
左足後踏, 右足併踏(足趾抬起)

2-4 Step forward left. Rock forward right. Recover on left.  
左足前踏, 右足前下沉, 左足回復

5 Make ½ right stepping right forward.  
右轉180度右足前踏

6&7 Full triple turn right stepping L-R-L (start to slide right up to left) 小三步右轉圈-左, 右, 左(由右滑向左)

8 Slide right up to left bring feet together & Dip. (Weight Left)  
右足滑併蹲(重心在左足)  
**\*\* Restart Point**

**\*\*RESTART: DURING Second wall AFTER count \*\*48. You will be facing the back wall**  
第二面牆跳至此, 從頭起跳

**第七段 Out. Out. Bump. Bump. Bump. ¼ Sit (Raise). Recover. Back. ¼.**  
外 外 推臀 推臀 推臀 1/4坐姿轉 回復 後 1/4

&1 Step right to right side. Step left to left.  
右足右踏, 左足左踏

2-4 (keeping Legs Straight) Bump hips L-R-L (雙腿站直)推臀-左, 右, 左

5-6 (Circling hips anti clockwise) make ¼ turn left (weight back on right- raise left leg) recover on left.  
(逆轉臀)左轉90度(重心在右足, 伸左腿), 左足回復

7-8 Rock back right. Step left ¼ left.  
右足後下沉, 左轉90度左足踏

**第八段 Ball. Point. Drag/Dip. Contract/Roll. Hip Pushes X2. Ball. Forward. Press 併點拖/蹲收縮/轉動 推臀二次, 併前踏**

&1 Step right beside left. Touch left to left side (bending right knee)  
右足併踏, 左足左點(右膝略彎)

2-3 Drag left up to right keeping knees bent. Roll/ contract upper body to resume standing position (weight right)  
左足拖併右膝略彎, 上身收縮轉動回站立姿勢(重心在右足)

4-6 Step forward left. Push hips forward x2 (weight right)  
左足前踏, 前推臀二次(重心在右足)

&7-8 Step left beside right. Step forward right. Press forward on left (raise right behind if you wish)  
左足併踏, 右足前踏, 左足前壓踏(右足向後抬)

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