

# Wreck This Heart

**COPPER KNOB**  
STEPSHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner west coast swing

**Chorégraphe:** Glenda Ortiz Harney (USA)

**Musique:** Wreck This Heart - Bob Seger



## **RIGHT SHAKE, SHAKE, BACK, ROCK**

1&2 Step to the right shaking hips to right, left, right  
3- 4 Rock left back behind right, recover onto right

## **LEFT HEEL/BALL/CROSS/LEFT HEEL/BALL/CROSS**

5&6 At angle to left touch left heel, step on left, step right over left  
7&8 At angle to left touch left heel, step on left, step right over left

## **LEFT SHAKE, SHAKE, BACK ROCK**

1&2 Step to the left shaking hips to left, right, left  
3- 4 Rock right back behind left, recover onto left

## **RIGHT HEEL/BALL/CROSS/RIGHT HEEL/BALL/CROSS**

5&6 At angle to right touch right heel, step on right, step left over right  
7&8 At angle to right touch right heel, step on right, step left over right

## **RIGHT SIDE ROCK, BEHIND & CROSS**

1- 2 Rock right to right side, recover onto left  
3&4 Step right behind left, step left to left side, step right over left

## **LEFT SIDE ROCK, BEHIND/QUARTER/TURN**

5- 6 Rock left to left side, recover onto right  
7&8 Step left behind right, step right to right side, step left turning  $\frac{1}{4}$  to left (9:00)

## **HEEL & HEEL & ROCK STEP**

1& Touch right heel forward, step right beside left  
2& Touch left heel forward, step left beside right  
3- 4 Rock forward right, recover onto left

## **COASTER STEP, STOMP/STOMP/STOMP**

5&6 Step back right, step left beside right, step forward right  
7&8 Stomp left, stomp right, stomp left

## **REPEAT**

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