

30 Seconds Flat

Compte: 32

Mur: 4

Niveau: Intermediate / Advanced



Chorégraphe: Rachael McEnaney (USA) & Joey Warren (USA) - April 2008

Musique: Heartbreaker - will.i.am

Count In: 32 counts from start of track, dance begins on vocals

Notes: track is over 4 mins long, possible fade at 3.30

(1 – 8) SIDE, CROSS, SIDE ROCK CROSS, ¼ TURN, ¼ TURN, ¼ SAILOR STEP

- 1 - 2 Step right to right side (1), cross left over right (2) [12.00]
- 3 & 4 Rock right to right side (3), recover weight onto left (&), cross right over left (4) [12.00]
- 5 - 6 Make ¼ turn left stepping forward on left (5), make ¼ turn left stepping right to right side (6) [3.00]
- 7 & 8 Make ¼ turn left stepping left slightly behind right (7), step right next to left (&), step forward on left (8) [3.00]

(9 – 16) ¼ TURN ROCK & LOOK BACK, ¼ TURN SIDE ROCK CROSS, FUNKY SIDE STEPS WITH ¼ TURN, LEFT SHUFFLE

- 1 - 2 Make ¼ turn right stepping weight back onto right looking back over right shoulder (knees bent) (1), make ¼ turn left returning to original position (2) [3.00]
- 3 & 4 Make ¼ turn left rocking right out to right side (3), recover weight onto left (&), cross right over left (4) [12.00]
- 5 & Step left to left side with knees slightly flexed (5), bring right foot towards left no weight change (&) [12.00]
- 6 & Make ¼ turn right stepping right out to right side with knees slightly flexed (6), bring left towards right no weight change (&) [3.00]
- 7 & 8 Step forward on left (7), step right next to left (or lock it slightly behind) (&), step forward on left (8) [3.00]

(17 – 24) ¼ TURN WITH HIP ROLL, HIPS PUSH BACK, BALL CROSS, BALL CROSS, UNWIND ½ TURN, WALK FORWARD.

- 1 - 2 Make ¼ turn left stepping right out to right side rotating hips in big circle counter-clockwise (1), finish hip circle weight ends on right with left toe touched to diagonal (left leg bent and left heel lifted) (2) [12.00]
- 3 & 4 Push hips back straightening left leg (almost like a knee pop back) (3), step in place on ball of left (&), cross right over left (4) [12.00]
- & 5 - 6 Step ball of left to left side (&), cross right over left (5), unwind ½ turn left ending with weight left (6) [6.00]
- 7 - 8 Walk forward on right (7), walk forward on left (8) [6.00]

(25 – 32) ¼ TURN STEPPING BALL CLOSE, CROSS, BACK SIDE CROSS, ½ TURN TO DIAGONAL WITH LEAN BACK, HITCH & KNEE POPS.

- & 1 - 2 Make ¼ turn left stepping right to right side (&), step left next to right (1), cross right over left (2) [3.00]
- 3 & 4 Step back on left (3), step right to right side (&), cross left over right (will help here if you angle body to 4.30) (4) [3.00]
- 5 Make ½ turn to right keeping weight back on left (bend left knee) leaning body slightly back, right heel on floor with right toe lifted (body is angled to 10.30) [10.30]
- 6 Transfer weight forward onto right straightening body (6) [10.30]
- & 7 & 8 Hitch left knee (&), step left next to right (7), bend both knees and pop them out to sides (&), pop both knees back together (keeping knees bent) (8) [10.30]

START AGAIN, HAVE FUN!
