

Ain't Broken

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Gudrun Schneider (DE) & Martina Ecke (DE) - May 2015
音乐: My Heart Ain't That Broken - Leslie Clio



The dance starts with the word "sorry".

S1: Side-touch, side-touch, point-touch, side-touch

1-2 step right to the right side – touch left beside right (12:00)
3-4 step left to the left side – touch right beside left
5-6 point right toe to the right – touch right beside left
7-8 step right to the right side – touch left beside right

S2: Heel-Hook-Heel-Flick back, step-close, heels swivel

1-2 touch left heel diagonally left – hook left over right
3-4 touch left heel diagonally left – flick left backwards
5-6 step left forward – step right beside left
7-8 turn both heels to right – turn both heels to center

S3: Heel-Hook-Heel-Flick back, step-lock-step, hold

1-2 touch right heel diagonally right – hook right over left
3-4 touch right heel diagonally right – flick right backwards
5-6 step right forward – cross left behind right
7-8 step right forward - hold

S4: Step forward l, ½ turn r, step forward, hold, side-behind-side-cross

1-2 step left forward – ½ turn on both balls clockwise (6:00)
3-4 step left forward - hold
5-6 step right to the right – cross left behind right
7-8 step right to the right – cross left over right

Restart: on wall 3, facing 6 o'clock & on wall 6, facing 12 o'clock

S5: Toe-Heel-Toe-Kick, behind-side-cross, hold

1-2 touch right toe beside left – touch right heel diagonally forward
3-4 touch right toe beside left – kick right diagonally forward
5-6 cross right behind left – step left to the left side
7-8 cross right over left - hold

S6: Side-together, ¼ turn-step forward, hold, rocking chair

1-2 step left to the left side – step right beside left
3-4 ¼ turn left while left step forward - hold (3:00)
5-6 step right forward – weight back on left
7-8 step right back – weight back on left

S7: Step-Hook back, back-kick, back-kick, back-close

1-2 step right forward – hook left behind right
3-4 step back left – kick right forward
5-6 step right back – kick left forward
7-8 step left back – step right beside left

S8: Toe strut l, toe strut r, step- ¼ turn r, cross- hold

1-2 touch left toe forward – drop left heel
3-4 touch right toe forward – drop right heel

5-6 step left forward – ¼ turn right (6:00)
7-8 cross left over right - hold

Restarts:-

on wall 3 after 32 count facing 6 o'clock

on wall 6 after 32 count facing 12 o'clock

Have fun!

Last Update – 5th May 2015
