

My Heart Ain't That Broken

COPPERKNOB
BY SHEETS

拍数: 64 墙数: 2 级数: Phrased Intermediate / Advanced
编舞者: Lewis Lee (CAN) - August 2015
音乐: My Heart Ain't That Broken - Leslie Clio



Sequence: AB Tag, AB Tag, BB, Ending
Intro: 16 counts from start of track (approx. 11sec. into track)

Part A – 32 counts

[1-8] Kick, Kick-Step, L Dorothy-Step, Kick, Kick-1/4R Out-Out, Swivel/Heel-Toe-Heel

1, 2& Kick R fwd, Kick R fwd, Step in place on R
3, 4& Step L to L diagonal, Lock R behind L, Step L to L diagonal
5, 6&7 Kick R fwd, Kick R fwd, Make a 1/4R stepping R out to side R, Step L out to side L (3:00)
&&& Swivel both heels to L, Swivel both toes to L, Swivel both heels to L

[9-16] Kick, Kick-Step, Cross-Side, Cross-Side, Kick, Kick-Ball-Step, 1/4L Swivel/Heel-Toe-Heel

1, 2& Kick R fwd, Kick R fwd, Step in place on R
3&4& Cross L Over R, Step R ball to side R, Cross L Over R, Step R ball to side R
5, 6&7 Kick L fwd, Kick L fwd, Step L ball in place, Step R fwd
&&& Swivel both heels to R while make a 1/4L, Swivel both Toes to R, Swivel both heels to R (12:00)

[17-24] Bump, Bump, Shuffle-1/4L, 1/4L Bump, Bump, Out-Out, Walk-Walk

1, 2 Bump hips to L twice keeping weight on R
3&4 Make a 1/4L shuffle fwd L-R-L (9:00)
5, 6 Make a 1/4L on ball of L and bump hips to R twice (6:00)
7&&& Step R out to R, Step L out to L, Sep R fwd, Step L fwd

[25-32] R Rocking Chair, Side-Rock-Cross, Side-Tog, Side-Tog, Side, Back-Rock

1&2& Rock R fwd, Recover L, Rock R back, Recover L
3&4 Step R to side R, Recover L, Cross R over L
5&6& Step L to side L, Step R beside L, Step L to side L, Step R beside L
7, 8& Step L to side L, Step R behind L, Recover L (6:00)

Part B – 32 counts

[1-8] Side, Behind-1/4L, Fwd-1/4L-Cross, Bump/Touch, Side-Tog, Cross-Side-Cross

1, 2& Step R to side R, Step L behind R, Make a 1/4L stepping R besides L (3:00)
3&4 Step L fwd, Make a 1/4L stepping R slightly side R, Cross L over R (12:00)
5, 6& Touch R to side R with hips bump R, Step R slightly to side R, Step L beside R
7&8 Cross R over L, Step L ball to side L, Cross R over L

[9-16] Side, Behind-Side, Heel Switches, Fwd, Recover-Tog, Fwd, Recover-Tog

1, 2& Step L to side L, Step R behind L, Step L to side L
3&4& Touch R heel fwd, Step R beside L, Touch L heel fwd, Step L beside R
5, 6& Rock R fwd, Recover L, Step R beside L
7, 8& Rock L fwd, Recover R, Step L beside R

[17-24] Heel-Toe-Swivel-Drag, Sailor-Step, Tog-Heel/Kick, Step, Sailor-Step

1&2& Right foot is going to swivel to the right with heel, toe, heel, toe whilst the left leg drags slowly up to R
(You are moving to the right on the right foot as the left foot drags)
3&4 Step L behind R, Step R beside L, Step L to side L
&5, 6 Step R beside L, Kick L heel out to side L, Step L to side L

7&8 Step R behind L, Step L beside R, Step R to side R

[25-32] Kick, Kick-Step, R Rocking Chair, Side, Back-Rock, Fwd, Spin 1/2L

1, 2& Kick L fwd, Kick L fwd, Step L ball in place
3&4& Rock R fwd, Recover L, Rock R back, Recover L
5, 6& Step R to side R, Rock L back, Recover R
7, 8 Step L fwd, Spin 1/2L on ball of L with R close to L (6:00)

Tag: At the end of 1st B (facing 6:00), 2nd B (facing 12:00), doing the following 16 count Tag, then Restart

[1-8] R Dorothy-Step, L Dorothy-Step, Side-Tog, Side-Tog, 1/4R, Spin 1/4R

1, 2& Step R to R diagonal, Lock L behind R, Step R to R diagonal
3, 4& Step L to L diagonal, Lock R behind L, Step L to L diagonal
5&6& Step R to side R, Step L beside R, Step R to side R, Step L beside R
7, 8 Make a 1/4R stepping R fwd, Spin 1/4R on ball of R with L close to R

**[9-16] L Dorothy-Step, R Dorothy-Step, Side-Tog, Side-Tog, 1/4L, Spin 1/4L
(Repeat the above 8 count with Foot Reverse)**

Ending: Dance after 8 count of B (facing 6:00), Unwind 1/2L facing front, Post!

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