

Some Broken Hearts (破碎的心) (zh)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Beginner
编舞者: Maria Tao (USA) - 2010年03月
音乐: Some Broken Hearts - The Dean Brothers : (CD: A Chance To Dance 4)



前奏 : Intro: 16 counts 16拍後起跳

- 第一段** **Step R Fwd, ½ Turn R, Coaster Step, Step L Fwd, ½ Turn L, Coaster Step** 右前踏, 1/2, 海岸步, 左前踏, 1/2, 海岸步
- 1-2 Step right forward, ½ turn right stepping left back
右足前踏, 右轉180度左足後踏
- 3&4 Step right back, step left beside right, step right forward
右足後踏, 左足併踏, 右足前踏
- 5-6 Step left forward, ½ turn left stepping right back
左足前踏, 左轉180度右足後踏
- 7&8 Step left back, step right beside left, step left forward (12:00)
左足後踏, 右足併踏, 左足前踏(面向12點鐘)
- 第二段** **Skate (R&L), Rock, Recover, ¼ Turn R, Cross Shuffle, ½ Turn R, Cross Shuffle** 右滑冰, 左滑冰, 下沉 回復, 1/4交叉交換, 1/2, 交叉交換
- 1-2 Skate right forward, skate left forward
右足前滑冰, 左足前滑冰
- 3&4 Rock right forward, recover onto left, ¼ turn right stepping right to right (3:00) 右足前下沉, 左足回復, 右轉90度右足右踏(面向3點鐘)
- 5&6 Cross left over right, step right to right, cross left over right
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
- 7&8 ½ turn right on ball of left & cross right over left, step left to left, cross right over left (9:00)
右轉180度右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(面向9點鐘)
- 第三段** **Side Rock, Recover, ¼ Turn L, Sailor Step, Rock Fwd, Recover, ¾ Triple Step Turn R** 側下沉 回復, 1/4水手步, 下沉回復, 三步轉3/4
- 1-2 Rock left to left, recover onto right 左足左下沉, 右足回復
- 3&4 ¼ turn left & cross step left behind right, step right to right, step left forward (6:00)
左轉90度左足於右足後交叉踏, 右足右踏, 左足前踏(面向6點鐘)
- 5-6 Rock right forward, recover onto left 右足前下沉, 左足回復
- 7&8 ¾ triple step turn right stepping – right, left, right (3:00)
小三步右轉270度-右, 左, 右(面向3點鐘)
- 第四段** **Side Rock, Recover, Hitch, Scissor Cross, Side Rock, Recover, Back Rock, Recover, Kick Ball Step**
側下沉 回復, 抬, 剪刀步, 側下沉 回復, 後下沉 回復, 踢 併 踏
- 1-2& Rock left to left, recover onto right, hitch left knee across right
左足左下沉, 右足回復, 左膝於右足前交叉抬
- 3&4 Step left to left, step right beside left, cross left over right
左足左踏, 右足併踏, 左足於右足前交叉踏
- 5&6& Rock right to right, recover onto left, rock right back, recover onto left 右足右下沉, 左足回復, 右足後下沉, 左足回復
- 7&8 Kick right forward, step right beside left, step left forward (3:00)
右足前踢, 右足併踏, 左足前踏(面向3點鐘)

