

# Sleeping With A Broken Heart (心碎難眠) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 2                      级数: Intermediate  
编舞者: Matt Sampson (UK) - 2010年07月  
音乐: Try Sleeping With a Broken Heart - Alicia Keys



前奏 : Intro: 16 Counts from Start of Music.

**第一段**      **Cross, Rock and Cross, Side, Back Rock Side, Back, Sailor ¼ Cross**  
交叉, 曼波交叉, 右踏, 後下沉 回復 左踏, 後, 左1/4水手交叉

- 1              Cross right over left 右足於左足前交叉踏  
2&3          Rock out on left, recover and cross left over right  
左足左下沉, 右足回復, 左足於右足前交叉踏  
4              Step right to right side 右足右踏  
5&6          Back rock on left, recover on right, Step left to left side  
左足後下沉, 右足回復, 左足左踏  
7              Step back on right 右足後踏  
8&1          Sweep/Cross Left behind Right making 1/4 turn left. Step right beside left. Cross left over right  
左轉90度左足繞至右足後交叉踏, 右足併踏, 左足於右足前交叉踏

**第二段**      **Side, Back Rock Side, Back Rock ¼, Back Rock 1/2**  
右踏, 後下沉 回復 左踏, 後下沉 回復 左1/4, 後下沉 回復 右1/2

- 2              Step right to right side 右足右踏  
3&4          Rock back on left, recover on right, step left to left side  
左足後下沉, 右足回復, 左足左踏  
5&6          Rock back on right, recover on left, turn ¼ left stepping back on right 右足後下沉, 左足回復, 左轉90度右足後踏  
7&8          Rock back on left, recover on right, turn ½ right stepping back on left  
左足後下沉, 右足回復, 右轉180度左足後踏

**第三段**      **Back Rock Side, Sailor ½, Step Forward, Mambo ½, Step Pivot Press**  
後下沉 回復 右踏, 左1/2轉水手, 踏 曼波轉, 踏 轉 壓

- 1&2          Rock back on right, recover on left, step right to right side  
右足後下沉, 左足回復, 右足右踏  
3&4          Make 1/4 turn Left as you cross step Left behind Right, 1/4 Left stepping Right next to Left, Step left forward  
左轉90度左足於右足後交叉踏, 左轉90度右足併踏, 左足前踏  
5              Step forward on right 右足前踏  
6&7          Rock forward on left, recover on right, turn ½ left stepping forward on left 左足前下沉, 右足回復, 左轉180度左足前踏  
8&1          Step right forward, pivot ½ to left, press forward on right  
右足前踏, 左軸轉180度, 右足前壓踏

**第四段**      **Recover, Right Sailor, Touch, Rock and Cross, Back, Side**  
回復, 水手步, 點, 曼波交叉, 後 左踏

- 2              Recover on left 左足回復  
3&4          Step right behind left, step left to left side, step right to right side  
右足於左足後踏, 左足左踏, 右足右踏

**On wall 4 at count 4, instead of stepping right to side, touch right in place and restart from the beginning** 第四面牆時, 第4拍的右足右踏變成右足併點, 從頭起跳

- 5              Touch left next to right 左足併點

6&7 Rock out on left, recover on right, cross left over right  
左足左下沉, 右足回復, 左足於右足前交叉踏

8& Step back on right, step left to left side  
右足後踏, 左足左踏

**TAG: at END of wall 1** 第一面牆結束時加拍

**Step, Mambo left, Coaster step, Mambo ½, Step Pivot**  
**踏, 前曼波, 海岸步, 曼波轉, 踏 轉**

1 Step forward on right 右足前踏

2&3 Rock forward on left, recover on right, step back on left  
左足前下沉, 右足回復, 左足後踏

4&5 Step back on right, step back on left, step forward on right  
右足後踏, 左足後踏, 右足前踏

6&7 Rock forward on left, recover on right, turn ½ left stepping forward on left 左足前下沉, 右足回復, 左轉180度  
左足前踏

8& Step forward on right, pivot ½ left  
右足前踏, 左軸轉180度

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