

Hey Heartbreak

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Alexis Strong (UK) & Karen Kennedy (SCO) - January 2017
音乐: Hey Heartbreak - Jennifer Nettles : (Album: Playing With Fire - iTunes and amazon)



Intro:- Start on Vocals

S2: WALK FWD X 2, RIGHT MAMBO FWD, FULL TURN BACK, LEFT COASTER STEP

1 -2 Walk forward right(1), walk forward left (2)
3&4 Rock right forward(3), recover back on left(&), step right back in place(4)
5 -6 ½ turn left stepping forward on left(5), ½ turn left stepping forward on right(6)

Easier Option:- walk back on left (5), walk back on right (6)

7&8 Step back on left(7), step back on right(&), step left forward (8) (12.00)

S2: CROSS ROCK, RECOVER, SIDE x 2, RIGHT MAMBO WITH ½ TURN, ½ CHASE TURN

1&2 Cross rock right over left (1), recover back on left (&), step right to right side (2)
3&4 Cross rock left over right(3), recover back on right (&), step left to left side(4)
5&6 Rock forward on right (5), recover back on left(&), ½ turn over right should stepping forward on right(6) (6.00)
7&8 Step forward on left(7), ½ pivot turn right (&), step forward on left (8) (12.00)* Restart here during wall 3

S3: RIGHT RUMBA BOX FORWARD, LEFT RUMBA BOX BACK, RIGHT LOCK STEP, ¼ LEFT SAILOR STEP

1&2 Step Right to Right side (1) Step Left to Right(&) Step Right Forward
3&4 Step Left to Left side (3) Step Right to Left (&) Step Left Back
5&6 Step Right Back (5) Cross Left over Right (&) Step Right Back (6)
7&8 Making ¼ Turn Left, Step Left Behind Right (7) Step Right to Left (&) Step Forward On Left (8) (9.00)

S4: RIGHT CROSS ROCK, RECOVER, RIGHT SIDE ROCK, RECOVER, RIGHT COASTER CROSS, LEFT SCISSOR CROSS, STEP ¼ PIVOT TURN,

1&2 Cross Right over Left (1) Recover On Left (&) Rock Right To Right side (2)
&3&4 Recover on Left(&) Step back on Right (3) Step Left To Right (&) Cross Right Over Left (4)
5&6 Rock Left to Left side (5) Step Right To Left (&) Cross Left Over Right (6)
7 -8 Step On Right to Right side (7) Making ¼ Turn Left, Step on Left (8)

Contacts: karencazza@aol.com or alexisstrong0421@gmail.com

Last Update - 16th Jan 2017