

# Heartbreak #2

拍数: 64      墙数: 1      级数: Improver  
编舞者: Val Saari (CAN) - March 2018  
音乐: Heartbreak - Sarah McLachlan : (iTunes)



## S1: CROSS-BEHIND ROCK/SHUFFLE, LEFT & RIGHT/ PIVOT 1/4 LEFT/SHUFFLE

1-2      Cross RF behind LF, Recover LF  
3&4      Shuffle Right (right-left-right)  
5-6      Cross LF behind RF, Recover RF Pivot 1/4 L  
7&8      Shuffle Forward (left-right-left)

## S2: RF ROCK FWD, LF RECOVER, RF MAMBO BACK, LF ROCK FWD, RF RECOVER, LF MAMBO BACK

1-2      Rock RF forward, Recover LF  
3&4      Rock RF back, Recover LF, Step RF beside left  
5-6      Rock LF forward, Recover RF  
7&8      Rock LF back, Recover RF, Step LF beside right

## S3: TOE-STRUT JAZZ BOX PIVOT 1/4 RIGHT

1-2      Cross right toe in front of left, drop right heel down  
3-4      Step back on left toe, drop left heel down  
5-6      Step 1/4 turn to the right on right toe, drop right heel down  
7-8      Step left toe forward, drop left heel down

## S4: JAZZ BOX, OUT, OUT, IN, IN (R,L,R,L)

1-2      Cross RF over left, Step back LF  
3-4      Step RF right, Step LF beside  
5-6      Step RF right, Step LF left  
7-8      Step RF left, Step LF together

## S5: LINDY RIGHT, LINDY LEFT

1&2      Shuffle right, RLR  
3-4      Rock back on LF, Recover on RF  
5&6      Shuffle left, LRL  
7-8      Rock back on RF, Recover on LF

## S6: LINDY RIGHT, LINDY LEFT

1&2      Shuffle right, RLR  
3-4      Rock back on LF, Recover on RF  
5&6      Shuffle left, LRL  
7-8      Rock back on RF, Recover on LF

## S7: STEP, LOCK, STEP, SCUFF x 2

1,2,3,4      Step RF forward, Lock LF behind R, Step RF forward, Scuff LF  
5,6,7,8      Step LF forward, Lock RF behind L, Step LF forward, Scuff RF

## S8: ROCKING CHAIR X 2

1-2      Rock Rf forward, Recover LF  
3-4      Rock RF back, Recover LF  
5-6      Rock Rf forward, Recover LF  
7-8      Rock RF back, Recover LF

REPEAT

