

Heartbreak Overload

COPPER KNOB
BYEFOOTSTEPS

拍数: 32 墙数: 2 级数: Improver
编舞者: Aaron Ealand (UK) - August 2018
音乐: Missing You - John Waite



Start on vocals

Section 1: R cross side and heel jack, L cross $\frac{1}{4}$, $\frac{1}{4}$ touch.

1-2 Cross right foot over left foot, step to side on left foot.
3&4 Step right foot back, step back on left foot, touch right heel forward
&5-6 Cross left foot over right foot, step $\frac{1}{4}$ to left on right foot
7-8 Step $\frac{1}{4}$ on left foot to left side, touch right foot next to left foot.

Section 2: R chasse, rock back, recover, shuffle $\frac{1}{4}$ to R, rock back, recover.

1&2 Step to right side on right foot, bring left foot next to right foot, step to right side on right foot.
3-4 rock back on left foot, recover.
5&6 Step to left side on left foot, bring right foot next to left foot, step back a $\frac{1}{4}$ to right on left foot
7-8 Rock back on right foot, recover.

Section 3: Full turn to L on R, L, shuffle fwd on R, $\frac{1}{2}$ to R on L, shuffle fwd on L.

1-2 Step a full turn to left on right foot, left foot.
3&4 Step forward on right foot, left foot, right foot.
5-6 Step $\frac{1}{2}$ to right on left foot.
7&8 Step forward on left foot, right foot, left foot.

Non turning option- step forward on right foot, step forward on left foot

Section 4: R side hold, L together, R side, L touch, $\frac{1}{4}$ to L, step $\frac{1}{2}$ to L on R, L coaster step.

1-2 Step to right side on right foot and hold.
&3-4 Step left foot next to right foot, step right foot to right side, touch left foot next to right foot.
5-6 Step $\frac{1}{4}$ to left, step back $\frac{1}{2}$ turn to left on right foot.
7&8 Step back on left, step back on right, step forward on left foot

Email: aaronprice424@icloud.com

I hope you enjoy dancing to my first choreographed line dance. This dance fits to many different tracks.