

No Breaking Hearts

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Celia Stevens (NZ) - February 2019
音乐: Nothing Breaks Like a Heart (feat. Miley Cyrus) - Mark Ronson : (iTunes, amazon)



Intro: Main Vocals – 48 Counts – 25 secs

S:1 [1-8] CROSS SAMBA, CROSS, SIDE, BACK ROCK, & SIDE, BEHIND, UNWIND ¾

1&2 Cross/step R over left, Step L side, Step R side
3-6 Cross/step L over right (3), Step R side (4), Rock/step L back (5), Recover weight on R (6)
&7-8 Step L side, Cross/step R behind left, Unwind ¾ right weight ends on R - 9.00

S:2 [9-16] SIDE ROCK, SAILOR, BEHIND-SIDE-CROSS, ¼ FWD, ¼ POINT

1-2 Rock/step L side, Recover weight on R
3&4 {Sailor step} Cross/step L behind right, Step R side, Step L side
5&6 Cross/step R behind left, Step L side, Cross/step R over left
7-8 Turn ¼ left Stepping L forward, Pivot on L turning ¼ left Pointing R toe side - 3.00

S:3 [17-24] CROSS, SIDE, BEHIND-¼-FWD, FWD ½ PIVOT, FULL TURN

1-2 Cross/step R over left, Step L side
3&4 Cross/step R behind left, Turn ¼ left Stepping L forward, Step R forward - 12.00
5-6 Step L forward, Pivot ½ right weight on R - 6.00
7-8 Full turn right Stepping L-R - 6.00

S:4 [25-32] TOG FWD, ¼ FWD, ¼ SHUFFLE, FWD, ¼ FWD, ¼ SHUFFLE

&1-2 Step L together, Turn 1/8 right Step R forward, Turn 1/8 right Step L forward - 9.00
3&4 Turn 1/8 right Stepping R forward, Step L beside right, Turn 1/8 right Stepping R forward - 12.00
5-6 Turn 1/8 right Stepping L forward, Turn 1/8 right Stepping R forward - 3.00
7&8 Turn 1/8 right Stepping L forward, Step R beside left, Turn 1/8 right Stepping L forward - 6.00

(NB- the above 8 counts should be done as a wide circle turn – i.e. travelling a full circle, turning right finishing facing 6.00)

S:5 [33-40] FWD ROCK, LOCK BACK, TOUCH BACK, ½ TURN, COASTER BACK

1-2 Rock/step R forward, Recover weight on L
3&4 Step R back, Lock/step L over right, Step R back
5-6 Touch L toe back, Turn ½ left weight on R - 12.00
7&8 {Coaster step} Step L back, Step R together, Step L forward

***Restart Wall 5 facing 12 o'clock

S:6 [41-48] ¼ PIVOT, CROSS SHUFFLE, SIDE, TOG, ¼ SHUFFLE

1-2 Step R forward, Pivot ¼ left weight on L - 9.00
3&4 Cross/step R over left, Step L side, Cross/step R over left
5-6 Step L side, Step/close R together
7&8 Turn ¼ left Stepping L forward, Step R together, Step L forward - 6.00

**Restart Wall 3 facing 6 o'clock

S:7 [49-56] FWD ROCK, TOG, FWD ROCK, TOG, ½ PIVOT, ½ PIVOT

1-2& Rock/step R forward, Recover weight on L, Step R together
3-4& Rock/step L forward, Recover weight on R, Step L together
5-6 Step R forward, Pivot ½ left weight on L - 12.00
7-8 Step R forward, Pivot ½ left weight on L - 6.00

***Restart Wall 1 facing 6 o'clock**

S:8 [57-64] CROSS WEAVE, POINT, CROSS, SIDE, SAILOR

1-4 Cross/step R over left, Step L side, Cross/step R behind left, Point L toe side
5-6 Cross/step L over right, Step R side
7&8 {Sailor step} Cross/step L behind right, Step R side, Step L side

[64] Repeat & Enjoy!

RESTARTS:

On Wall 1 [12.00] Dance up to S:7 Count 8 then restart from the beginning now facing 6 o'clock

On Wall 3 [12.00] Dance up to S:6 Count 8 then restart from the beginning now facing 6 o'clock

On Wall 5 [6.00] Dance up to S:5 Count 8 then restart from the beginning now facing 12 o'clock

FINISH: Dance will finish nicely at the front finishing on count 24 [full turn], after a slight pause Miley will say "ALL RIGHT" say it with her.

Contact: stevenscelia3@gmail.com

Last Update - 3 June 2019
