

Nothing Breaks Like a Heart AB

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Annette Lapp (DK) & Annemaree Sleeth (AUS) - February 2019
音乐: Nothing Breaks Like a Heart (feat. Miley Cyrus) - Mark Ronson : (Single - iTunes)



This dance is an absolute beginner dance, but you can make some options, and then you get a beginner dance.

You can choose to dance the dance without restarts or choose to make a restart on wall 2 after 24 count, and wall 6 after 16 count

Intro: 48 Count

Cross Rock Right, Chasse Right, Cross Rock, Chasse Left

1 – 2 Cross right over left, recover onto left,
3 & 4 Step right to right, left beside right, step right to right
5 – 6 Cross left over right, recover onto right
7 & 8 Step left to left, right beside left, step left to left

Heel, Toe Right, Shuffle Forward, Heel Toe Left, Shuffle Forward

1 - 2 Step right heel forward, step right toe back
3 & 4 Step right forward, left beside right, step right forward
5 – 6 Step left heel forward, step left toe back
7 & 8 Step left forward, right beside left step left forward

***Option: Make a restart after 16 count on wall 6 (12.00)**

Rock, Recover, Shuffle Back, Rock, Recover, Shuffle Forward

1 – 2 Rock right forward, recover onto left
3 & 4 Step right back, left beside right, step right back
5 – 6 Rock left back, recover onto right
7 & 8 Step left forward, right beside left, step left forward

***Option: Make a restart here on wall 2 (09.00)**

Option : for more experienced dancers section 3

Rock, Recover (1 – 2), ½ Shuffle Right (3 & 4), Step Turn (5 – 6), Shuffle Forward (7 - 8)

Weave Left, ¼ Turn Left Point Left, Weave Right, Point Right

1 – 2 Cross right over left, step left to left
3 – 4 Step right behind left, turning ¼ left and point left to left side
5 – 6 Cross left over right, step right to right
7 – 8 Step left behind right, point right to right side

Easier Option

Weave Left ¼, Vine Recover

1 – 4 Cross R Over L, Step L Side, Step R Behind L, Turn ¼ L Step On L
5 – 8 Step Right Side, Cross L Behind R, Step R Side, Recover to L

(Gives You The Momentum To Cross To Start)

Contact: Lappa@hotmail.com - Inlinedancing@gmail.com

Last Update - 1st March 2019