

Break My Heart

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Heidi Cronjé (SA) - June 2019
音乐: Break My Heart by Die Broers (02:49)



Intro: Start on the word "Light" (about 21 sec)
No Restarts / Tags

SECTION 1: SHUFFLE R DIAGONAL , WALK R DIAGONAL, ROCK, RECOVER, ½ L SHUFFLE

1&2 Step R diagonal fwd, Step L together, Step R diagonal fwd (01:30)
3-4 Step L diagonal fwd, Step R diagonal fwd (01:30)
Optional: Turn full R to R diagonal (turn ½ R and step L back, turn ½ R and step R fwd)
5-6 Rock L diagonal fwd, Recover R (01:30)
7&8 Turn ¼ L and step L side (10:30), step R together, Turn ¼ L and step L fwd (07:30)

SECTION 2: WALK R DIAGONAL, SHUFFLE R DIAGONAL 1/8 L, ROCK, RECOVER, ¼ L SHUFFLE

1-2 Step R diagonal fwd, Step L diagonal fwd (07:30)
Optional: Turn full L (turn ½ L and step R back, turn ½ L and step L fwd)
3&4 Step R diagonal fwd, Step L together, Step R 1/8 L fwd (06:00)
5-6 Rock L fwd, Recover R (06:00)
7&8 Turn 1/8 L and step L side, Step R together, Turn 1/8 L and step L side (03:00)

SECTION 3: ROCK ACROSS, RECOVER, R SHUFFLE, ROCK ACROSS, RECOVER, L SHUFFLE

1-2 Rock R across L, Recover L (03:00)
3&4 Step R side, Step L together, Step R side (03:00)
5-6 Rock L across R, Recover R (03:00)
7&8 Step L side, Step R together, Step L side (03:00)

SECTION 4: ¼ L, PIVOT ½ L , PIVOT ¼ L , KICK BALL CHANGE, ROCK, RECOVER (HIP SWAYS)

1-2 Turn ¼ L and step R fwd, Pivot ½ L (weight to L) (06:00)
3-4 Step R fwd, Pivot ¼ L (weight to L) (03:00)
5&6 R kick ball change (03:00)
7-8 Rock R side, Recover L (Sway hips R, L) (03:00)

Start Again. Have Fun and Enjoy!
No special ending required as dance ends facing front

Contact – email: linedanceriversdal@gmail.com