

# Breaking My Pain

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: High Beginner  
编舞者: Sebastiaan Holtland (NL) - March 2020  
音乐: Breaking Me - Topic & A7S : (Tunes & other mp3 sites)



**Introduction: Start after the vocal intro, start approx 20 sec.**

**Part 1. [1-8] Heel R Fwd, L Side, Back R, Cross, ¼ Monterey Turn to R.**

1,4            Step on R heel fwd (1), Step Lf to L (2), Step Rf back (3), Step Lf across Rf (4).  
5,6            Point Rf out to R (5), Make ¼ turn R (3.00) step Rf beside Rf (6).  
7,8            Point Lf out to L (7), Step Lf beside Rf (8).

**Part 2. [9-16] Syncopated Rocks Fwd R, L, Back, ¾ Turning Pivots to R.**

1,2&          Rock Rf forward (1), Recover onto Lf (2), Step Rf beside Lf (&).  
3,4            Rock Lf forward (3), Recover back onto Rf (4).  
5,8            Step Lf back (5), ¾ Turning in a box R, L, R to (12.00) (6,8).

**Part 3. [17-24] Fwd Rock L, ½ Shuffle Turn L, Kick L Diag, Point L, Behind, Point R.**

1,2            Rock Lf Fwd (1), Recover back onto Rf (2).  
3&4           ½ Shuffle Turn to L (L,R,L) (6.00) (3&4).  
5,8            Step Rf Fwd (5), Kick Lf fwd diagonal (6), Step Lf Behind Rf (7), Point Rf out to R (8).

**Part 4. [25-32] Heel Grind R ¼ Turn R, Back, Hook L, Small Step L, R Side ¼ Turn L, L Side ¼ Turn L, R Touch Together.**

1,2            Heel Grind Rf (1), Make ¼ turn R (9.00) step back onto Lf (2).  
3,4            Step Rf back (3), Hook Lf up across in front of Rf (4).  
5,6            Step Lf slightly Fwd (5), Make ¼ turn L (6.00) step Rf to R (6).  
7,8            Continue ¼ Turn L (3.00) step Lf to L (7), Touch Rf beside Lf (8).

**REPEAT DANCE AND HAVE FUN!!**

Dance edit, email: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)