

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