

Break My Heart

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Jlynn Meyer (USA) - April 2020
音乐: Break My Heart - Dua Lipa



Dance starts after 16ct

Point R Toe, Point L Toe, R Heel Forward, Step Back R, L, Body Roll Step Back R, L, Body Roll Rock R Behind Recover L.

1-3 Point R toe out to R side, point L toe out to L side, place your R heel forward
&4 Step your R foot back to meet your L (&) then L foot back (4)
5&6 Roll body back(5) while stepping R foot back to meet L (&) and then step L foot back (6)
7&8 Roll body back (7) rocking back on R foot (&) to recover onto L (8)
(*Restart here on wall 6 after 8 count. *Can style with a full body roll for 7&8 instead of rocking back)

Shuffle Forward R, L, R, Rock L ¼ Turn, Behind Side Cross, Point R Toe

1 & 2 Shuffle forward R-L-R
3-4 Step L foot forward with ¼ turn over R shoulder and place weight on R foot
5&6 Cross L behind R, step R out to the side and cross L in front of R
7-8 Point R toe out to the R side then bring R foot back in, stepping onto R foot

¼ Turn Rock, Recover, Cross Behind, L Heel Jack, Heel Switches, Touch R Toe, Kick R Heel Fwd, Touch L Toe

1&2 Make a ¼ turn over R shoulder while rocking L foot out to the L side(1), recover on R foot (&) and cross L behind R (transfer weight onto L) (2)
&3 Step out to the R (&) and jack L heel up on (3),
&4 Step down onto L foot (&) switch to R heel up (4)
&5 Step down onto R foot (&) switch to jack L heel up (5),
&6 Step down on L foot (&) and touch R toe next to L foot (6)
7&8 Kick R heel forward (7), step down on R foot (&) and touch L toe next to R foot (8)

Kick L Heel Fwd, R Toe, R Heel Fwd, L Toe, Rock L Forward, ¾ Turn Shuffle L, R, L

1&2 Kick L heel forward, step down on left foot, touch R toe next to L foot
3&4 Kick R heel forward, step down on right foot, touch L toe next to right foot
5-6 Rock forward on L foot, recover onto R
7&8 Make ¾ turn shuffle over left shoulder (counterclockwise) L-R-L

***Tag on wall 11 after count 32. Song starts to slow down where there is a 4-count pause (can do spin, hold or whatever you want) then begin the dance again.**