

Break My Heart

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Ari Linedance (KOR) - June 2020
音乐: Break My Heart - Dua Lipa



Intro : 16 - Sequence A-A-B-A-A-Tag[8]-A-B-A-A-B-Tag[4]-A-A

A [32 Count]

Sec. 1] Mambo(R,L), Knee Pops

1&2 Step R side to Right, recover L, Step R close L
3&4 Step L side to Left, recover R, Step L close R
5-8 Pop Knees out to side, In the middle of the knees x 4

Sec. 2] Walk R,L,R, 1/2 Pivot, Diagonal Heel touch, 3/4 Turn L

1&2 Step RF Forward, Step LF Forward, Step R Forward
3 4 1/2 Pivot Turn Left stepping L in place, R close L
5&6& Touch L Heel Diagonal, L close R, Touch R Heel Diagonal, R close L
7 8 Touch L behind R, 3/4 Turn Left

Sec. 3] Back, Heel lift, Upper body rolling

12 Step R back while L Lifting the heel, Step L back while R Lifting the heel
34 Step R back while L Lifting the heel, Step L back while R Lifting the heel
(Face 12 O'clock and shake left finger)
5 6 7 8 Step R, L Back according to Upper Body Rolling x 2

Sec. 4] Slide(L,R), Coaster Step, Together, Hands Cross, Hands Open

1 2 3 4 Step L Slide to left, Step R Slide to Right
5&6 Step L back, Step R beside L, Step L Forward
7&8 Step R beside L, Cross on both hands Chest, Open both Hands

B [32 Count]

Sec. 1] R,L Body wave, Body Sway R,L,R,L

12 Step R side to R, L touch in place, Step L side to L, R touch in place
34 Step R side to R, L touch in place, Step L side to L, R touch in place
(Lower body posture and upper body wave)
5-8 Body Sway R,L,R,L (Slow up upper body)

Sec. 2] Back, Hip Bumps, Back, Recover forward

1 2 3 4 Step R Back with L heel up, Hip Bump L, Step L Back with R heel up, Hip Bump R
5 6 Step R Back with L heel up, Recover L (weight forward on to L) with R heel up
7 8 Step R Back with L heel up, Recover L (weight forward on to L) with R heel up

Sec. 3] Shuffle Step, 1/4 Turn L Shuffle Step, Hips Sway

1&2 Step R Forward, Step L beside R, Step R Forward
3&4 Step L Forward 1/4 Turn Left, Step R beside L, Step L Forward
5 6 7 8 Step R side to R & Sway, Sway L, Sway R, Sway L

Sec. 4] Hip down R,L, Flick, Jazz box

12 Step R side to R (Hip down right)
34 Step L side to L (Hip down Left), Flick Step R back
5 6 7 8 Cross right over left, Step L back, Step R side, Step L beside R

[Tag 1] after 5 Wall

1234 Step R Ball side to R

(R Arm Stretch[1], Bring R Index finger by mounth[2],R Arm Stretch[3], Bring R Index finger by mounth[4])

5678 Step R beside L[5], L in place[6], R in Place[7], L in Place[8]

[Tag 2] after 10 Wall

1234 Stop

(Option : Shoulder Movement R,L,R[3&4])

Please refer to the video for upper body motion.

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