

Broken Heart In The Mail

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jan Brookfield (UK) - September 2020
音乐: Broken Heart in the Mail - David Ball



Dance starts 10 seconds in, on the word "mailman".

Section 1 : SIDE, HOLD, & SIDE ROCK, RECOVER; BEHIND, SIDE, CROSS ROCK, RECOVER

1,2& Step R to right side, hold for one count, on L take a small step towards R
3,4 Rock R to right side, recover onto L
5,6 Step R behind L, step L to left side
7,8 Rock R across in front of L, recover onto L

Section 2 : SIDE, TOUCH, SIDE, TOUCH; ¼ TURN, ¼ TURN, SIDE, TOUCH

1,2,3,4 Step R to right side, touch L next to R, step L to left side, touch R next to L
5,6 Making a quarter turn right step R forward; making another quarter turn right step L to left side
7,8 Step R to right side, touch L next to R (6 o'clock)

Section 3 : SIDE, CLOSE, SHUFFLE FORWARD; SIDE, CLOSE, SHUFFLE BACK

1,2,3&4 Step L to left side, close R to L, shuffle forward on L,R,L
5,6,7&8 Step R to right side, close L to R. shuffle back on R,L,R

Section 4 : WALK BACK x 2, SHUFFLE BACK, ROCK BACK, RECOVER, ¼ PIVOT

1,2,3&4 Walk back on L, R; shuffle back on L,R,L
5,6 Rock R back, recover onto L
7,8 Step R forward, quarter pivot left (weight now on L) (Now facing 3 o'clock)

START AGAIN
