

# Broken Heart In The Mail

**COPPER KNOB**  
BY STEPHEN METZ

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**

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