

My Heart Can't Breathe

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Teri Rogers (USA) - September 2021
音乐: My Heart Can't Breathe - John Michael Ferrari : (iTunes.com, Soundcloud.com)



Intro: 16 Beats - Restart on Wall 3

Cross Rock Recover Shuffle Right, Half Jazz Box ¼ turn Shuffle Left

1-2 Cross Rock Right over Left, Recover on Left
3&4 Shuffle Right R-L-R
5-6 Cross Left over Right, Step back on right
7&8 Shuffle Left turning ¼ Left (9:00)

Kick Ball Change x 2, ½ Turn Left, Shuffle Forward

1&2 Kick Right forward, Step on ball of right, change weight to left foot
3&4 Kick Right forward, Step on ball of right, change weight to left foot
5-6 Step forward on Right, Turn ½ Left, Step forward on Left

[On Wall 3: Change shuffle(7&8) to walk, walk (7-8)] Restart Dance

7&8 Shuffle forward on Right (3:00)

½ Turn Right, Shuffle Forward, Rock Recover Coaster

1-2 Step forward on Left, Turn ½ right, Step forward on Right
3&4 Shuffle Forward L-R-L
5-6 Rock forward on right, recover on left
7&8 Step back on Right, back on Left, forward on Right R-L-R (9:00)

Side Rock Left, Sailor Step x 3, (Left Sailor, Right Sailor, Left Sailor)

1-2 Rock Left to left side, Recover on Right
3&4 Cross Left behind Right, step Right to Right side, step Left in place
5&6 Cross Right behind left, step left to left side, step right in place
7&8 Cross Left behind Right, step Right to Right side, step Left in place (9:00)

Restart on Wall 3: Dance up to Section 2 steps 1-6, change shuffle (7&8) to walk forward Right, Walk forward Left (7-8)
