

Break My Bed, Not My Heart

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Easy Intermediate
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音乐: Break My Bed Don't Break My Heart - Beats By AI



One restart in wall 3 after start again.

Intro: slow 16 cts (0:11 secs).

S1. [1-8] L Side, R Rock Back Behind, L Step ¼ Left, R Lock, L Step ¼ Left, R Hitch, R Step Lock Step, L Mambo Step.

1,2& RF step left (1), LF rock behind RF (2), RF recover (&).
3&4 LF step fwd ¼ left (9.00) (3), RF lock behind LF (&), RF hitch R knee up ¼ left (6.00) (4).
5&6 RF step fwd (5), LF lock behind RF (&), RF step slightly fwd (6).
7&8 LF mambo fwd (7), RF recover (&), LF step slightly back (8).

(NB: Restart here in wall 3 after 8 counts, after start again).

S2. [9-16] R Side Rock, L Full Triple Turn with R Sweep, R Across, L Side ¼ Right, R Rock Back, R Back, L Rock Back.

1,2& RF rock right (1), LF recover and triple full turn to left (6.00) (2&).
3 RF sweep from back to front fwd (3).
4& RF step across LF (4), LF step slightly left ¼ right (9.00) (&).
5,6 RF rock back (5), LF recover (6).
&7,8 RF step back ½ left (3.00) (&), LF rock back (7), RF recover (8).

S3. [17-24] 2x L Diamond ¼ Left.

1&2 LF step fwd (1) RF step right 1/8 left (1.30) (&), LF step back (2).
3&4 RF step back (3), LF step left squaring up at (12.00) (&), RF step fwd (4).
5&6 LF step fwd (5) RF step right 1/8 left (10.30) (&), LF step back (6).
7&8 RF step back (7), LF step left squaring up at (9.00) (&), RF step fwd (8).

S4. [25-32] L Kick Fwd, L Replace, R Side Point Right, R Heel Up & Replace, L Replace with R Hitch ½ Left, R Replace, L Step Back, R Side ¼ Left, L Step.

1&2 LF kick fwd (1), LF replace (&), RF point out to right (2).
3,4 RF push heel up fwd (3), RF replace (4).
5,6 LF replace ½ left (3.00) and hitch R knee up (5), RF replace (6).
7&8 LF step back (7), RF step right ¼ right (6.00) (&), LF step fwd (8).

REPEAT THE DANCE AND HAVE FUN!!