

Wreck This Heart

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner west coast swing
编舞者: Glenda Ortiz Harney (USA)
音乐: Wreck This Heart - Bob Seger



RIGHT SHAKE, SHAKE, BACK, ROCK

1&2 Step to the right shaking hips to right, left, right
3- 4 Rock left back behind right, recover onto right

LEFT HEEL/BALL/CROSS/LEFT HEEL/BALL/CROSS

5&6 At angle to left touch left heel, step on left, step right over left
7&8 At angle to left touch left heel, step on left, step right over left

LEFT SHAKE, SHAKE, BACK ROCK

1&2 Step to the left shaking hips to left, right, left
3- 4 Rock right back behind left, recover onto left

RIGHT HEEL/BALL/CROSS/RIGHT HEEL/BALL/CROSS

5&6 At angle to right touch right heel, step on right, step left over right
7&8 At angle to right touch right heel, step on right, step left over right

RIGHT SIDE ROCK, BEHIND & CROSS

1- 2 Rock right to right side, recover onto left
3&4 Step right behind left, step left to left side, step right over left

LEFT SIDE ROCK, BEHIND/QUARTER/TURN

5- 6 Rock left to left side, recover onto right
7&8 Step left behind right, step right to right side, step left turning $\frac{1}{4}$ to left (9:00)

HEEL & HEEL & ROCK STEP

1& Touch right heel forward, step right beside left
2& Touch left heel forward, step left beside right
3- 4 Rock forward right, recover onto left

COASTER STEP, STOMP/STOMP/STOMP

5&6 Step back right, step left beside right, step forward right
7&8 Stomp left, stomp right, stomp left

REPEAT
