

Heart Break

COPPERKNOB
STEPSHEETS

拍数: 0 墙数: 0 级数:
编舞者: Craig McConochie
音乐: The Kind of Heart That Breaks - Chris Cummings



Sequence: AB, A (counts 33-48), AB, AB, A (counts 1-17)

PART A

ROCK FORWARD LEFT, RECOVER, ½ TURN LEFT, ROCK FORWARD RIGHT, RECOVER, ½ TURN RIGHT

1-2 Rock forward onto left, recover on right
3&4 Triple step ½ right, stepping left, right, left
5-6 Rock forward onto right, recover on left
7&8 Triple step ½ left, stepping right, left, right

POINT, CROSS, POINT CROSS, BACK LEFT, BACK RIGHT, CROSS SHUFFLE

9-10 Point left toe to left side, cross step left in front of right
11-12 Point right toe to right side, cross step right foot in front of left
13-14 Step back onto left foot, step right foot back
15&16 Cross left foot over right, step right to right side, cross left foot over right

SIDE, BEHIND, SHUFFLE TO RIGHT, CROSS, BACK ¼ LEFT, SHUFFLE TO LEFT

17-18 Step right foot to right side, step left foot behind right
19&20 Step right foot to right side, step left foot next to right, step right foot to right side
21-22 Cross left over right, step back right turning a ¼ left
23-24 Step left to left side, step right foot next to left, step left to left side

FORWARD RIGHT SHUFFLE, STEP, ½ PIVOT RIGHT, FORWARD LEFT SHUFFLE, STEP, ¼ PIVOT LEFT

25&26 Step right forward, step left next to right, step forward right
27-28 Step left forward, pivot ½ turn right
29&30 Step left forward, step right next to left, step forward left
31-32 Step forward right, pivot ¼ turn (weight ends on left)

CROSS ROCK, RIGHT SHUFFLE TO RIGHT WITH ¼ TURN RIGHT, ROCK FORWARD LEFT, RECOVER, LEFT COASTER STEP

33-34 Cross rock right over left, recover on left
35&36 Step right foot to right side, step left foot next to right, step right foot to right side making ¼ turn right
37-38 Rock forward onto left, recover on right
39-40 Step left back, step right beside left, step forward left

CROSS, HOLD, SIDE, HOLD, BEHIND-SIDE-CROSS, STEP, SLIDE

41-42 Cross right over left, hold
43-44 Step left to left side, hold
45&46 Step right behind left, step left to left side, cross right over left
47-48 Step left to left side, slide & touch right next to left (weight ends on left)

PART B

KICK BALL TOUCH TWICE, STEP-CROSS-BACK-CROSS, BACK RIGHT, BACK LEFT

1&2 Kick right foot forward, step right in place, step touch left next to right
3&4 Kick left foot forward, step left in place, touch right next to left

&5&6 Step right back a small step, cross left over right, step back right, cross left over right
7-8 Step back onto right, step back onto left

SHUFFLE RIGHT TO RIGHT, SHUFFLE BACK LEFT, RIGHT BEHIND, UNWIND ½ RIGHT, SHUFFLE FORWARD LEFT

9&10 Step right foot to right side, step left foot next to right, step right foot to right side
11&12 Step left foot back, step right foot next to left, step left foot back
13-14 Step right behind left foot, unwind ½ turn right
15&16 Step left forward, step right next to left, step forward on left

KICK BALL TOUCH TWICE, STEP-CROSS-BACK-CROSS, BACK RIGHT, BACK LEFT

17&18 Kick right foot forward, step right in place, step touch left next to right
19&20 Kick left foot forward, step left in place, touch right next to left
&21&22 Step right back a small step, cross left over right, step back right, cross left over right
23-24 Step back onto right, step back onto left

SHUFFLE RIGHT TO RIGHT, SHUFFLE BACK LEFT, RIGHT BEHIND, UNWIND ½ RIGHT, SHUFFLE FORWARD LEFT

25&26 Step right foot to right side, step left foot next to right, step right foot to right side
27&28 Step left foot back, step right foot next to left, step left foot back
29-30 Step right behind left foot, unwind ½ turn right
31-32 Step left forward, step right next to left, step forward on left

HIPS BUMPS

33-34 Step right next to left shoulder width apart, hold

Counts 33-34 are danced three times, the first time on count 34 make sure your weight is on the left foot second and third time on the right foot
