

Brokenhearted

COPPER KNOB
STEPPERS

拍数: 80

墙数: 1

级数: Phrased - High Intermediate ("FUN" dance)



编舞者: Winnie Yu (CAN) - April 2007

音乐: Shi Lian Zhen Xian Lian Meng (失恋阵线联盟) - Grasshopper (草蜢)

-Intro/Count in: 32 count

-Sequence: A, B, C, A, Tag, A, B, C, A, Ending - Twice the last 8 counts of section A

**This dance is dedicated to Carefirst Seniors & Community Services 2007 Year End Fundraising Party and (CICS) high beginner student—Annie Yao.

PART A: 32 counts

Section 1: HIP SWINGS

- 1-2 Swing hips - Right twice
- 3-4 Swing hips - Left twice
- 5-6 Swing hips - Right, left
- 7-8 Swing hips - Right, Hold (weight on right)

Section 2: HIP SWINGS

- 1-2 Swing hips - Left twice
- 3-4 Swing hips - Right twice
- 5-6 Swing hips - Left, right
- 7-8 Swing hips - Left, Hold (weight on left)

Section 3: (BACK TOE STRUT) x 4

- 1-2 Touch backward right toe, drop right heel down
- 3-4 Touch backward left toe, drop left heel down
- 5-8 -Repeat 1-4

Section 4: RIGHT ROCKING CHAIR, BIG STEP RIGHT, RECOVER, TOGETHER

- 1-2 Rock forward on right, recover on left
- 3-4 Rock back on right, recover on left
- 5-6 (5) Big Step to right with (6) upper body twisted turning ¼ left (6) (bend right foot)
- 7-8 Recover onto left, step right beside left

PART B: 32 counts

Section 1: SIDE, TOGETHER, SIDE, PIVOT ½ TURN TOUCH, SIDE, TOGETHER, SIDE, TOUCH (6:00)

- 1-2 Step right to right side, step left beside right
- 3-4 Step right to right side, pivot ½ turn to right on the ball of right foot (touch left foot beside right)
- 5-6 Step left to left side, step right beside left
- 7-8 Step left to left side, touch right beside left

Section 2: REPEAT PART B- SECTION 1 (back to 12:00)

Section 3: CROSS STRUT, TOE STRUT, JAZZ BOX, HOLD

- 1-2 Cross touch right toe, drop right heel down
- 3-4 Touch left toe, drop left heel down
- 5-6 Cross right over left, step back on left
- 7-8 Step right to right side, Hold

Section 4: CROSS STRUT, TOE STRUT, ROCK, RECOVER, STOMP x 3

- 1-2 Cross touch left toe, drop left heel down
- 3-4 Touch right toe, drop right heel down

- 5-6 Rock forward on left, recover onto right
 &7-8 Stomp left next to right, Stomp, Stomp

PART C: 16 counts

Section 1: (¼ TURN RIGHT SIDE ROCK, RECOVER) x 3, ROCK, RECOVER, TRIPLE STEPS

- 1-2 Making ¼ turn to left rock to right on right (9:00), recover on left
 3-4 Making ¼ turn to left rock to right on right (6:00), recover on left
 5-6 Making ¼ turn to left rock to right on right (3:00), recover on left
 7&8 Making ¼ turn to right (6:00) stepping (in place) R, L, R

Section 2: (¼ TURN LEFT SIDE ROCK, RECOVER) x 3, ROCK, RECOVER, TRIPLE STEPS

- 1-2 Making ¼ turn to right rock to left on left (9:00), recover on right
 3-4 Making ¼ turn to right rock to left on left (12:00), recover on right
 5-6 Making ¼ turn to right rock to left on left (3:00), recover on right
 7&8 Making ¼ turn to left (12:00) stepping (in place) – L, R, L

Section 3: REPEAT PART B :- SECTION 3

Section 4: REPEAT PART B :- SECTION 4

TAG (64 counts):-

Section 1: ROCK, FORWARD, SHUFFLE BACK, BACK ROCK, SHUFFLE FORWARD

- 1-2 Rock forward on right, recover weight onto left
 3&4 Step back on right, step left in front of right, step back on right
 5-6 Rock back on left, recover weight onto right
 7&8 Step forward on left, step right behind left, step forward on left

Section 2: FORWARD, PIVOT ½ TURN, SHUFFLE FWD, FORWARD, PIVOT ½ TURN, SHUFFLE FWD

- 1-2 Step forward on right, pivot ½ turn left (6:00)
 3&4 Step forward on right, step left behind right, step forward on right
 5-6 Step forward on left, pivot ½ turn right (12:00)
 7&8 Step forward on left, step right behind left, step forward on left

Section 3: (R & L SIDE ROCK, RECOVER, TRIPLE STEPS) x 2

- 1-2 Side rock on right, recover on left
 3&4 Triple Steps (in place) – R, L, R
 5-6 Side rock on left, recover on right
 7&8 Triple Steps (in place) – L, R, L

Section 4: RIGHT ROCKING CHAIR x 2

- 1-2 Rock forward on right, recover onto left
 3-4 Rock back on right, recover onto left
 5-6 Rock forward on right, recover onto left
 7-8 Rock back on right, recover onto left

Section 5: (STEP, TOGETHER, TWIST, ¼ TURN) x 2

- 1-2 Step forward on right, step forward on left beside right (weight on right)
 3&4 Twist – right, left, right with a ¼ turn left, weight on L (9:00)
 5-6 Step forward on right, step forward on left beside right (weight on right)
 7&8 Twist –right, left, right with a ¼ turn left, weight on L (6:00)

Section 6: (STEP, TOGETHER, TWIST, ¼ TURN) x 2

- 1-2 Step forward on right, step forward on left beside right (weight on right)
 3&4 Twist – right, left, right with a ¼ turn left, weight on L (3:00)
 5-6 Step forward on right, step forward on left beside right (weight on right)
 7&8 Twist – right, left, right with a ¼ turn left, weight on L (12:00)

Section 7: (STEP, TOGETHER, TWIST IN PLACE) x 2

- 1-2 Step forward on right, step forward on left beside right (weight on right)
- 3&4 Twist – right, left, right (in place)
- 5-6 Step backward on right, step backward on left beside right (weight on right)
- 7&8 Twist – right, left, right (in place)

Section 8 RIGHT ROCKING CHAIR x 2

- 1-2 Rock forward on right, recover on left
- 3-4 Rock back on right, recover on left
- 5-6 Rock forward on right, recover on left
- 7-8 Rock back on right, recover on left

HAVE FUN AND ENJOY!

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