

# Heal This Heartbreak

**COPPER KNOB**  
BY SHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Dee Musk (UK) - November 2009  
音乐: Heal This Heartbreak - JLS : (Album: JLS)



**48 Count Intro. Approx 23 seconds. Start when the beat kicks in; when JLS sing 'How can I fight' - Track approx 3 mins 44 secs bpm 128**

## **FORWARD ROCK RECOVER STEP BACK, BACK ROCK RECOVER STEP FORWARD, SHUFFLE FORWARD.**

1,2      Rock forward on R, recover weight to L.  
3      Step back on R.  
4,5      Rock back on L, recover weight to R.  
6      Step forward on L.  
7&8      Shuffle forward stepping R,L,R. (12 o'clock).

## **STEP ¼ TURN R CROSS SIDE, BEHIND SIDE CROSS, ROCK ¼ TURN L.**

1,2      Step forward on L, make a ¼ turn R.  
3,4      Cross step L over R, step R to R side.  
5&6      Cross step L behind R, step R to R side, cross step L over R.  
7,8      Rock R to R side, recover making a ¼ turn L. (Weight forward on L). (12 o'clock).

## **R CROSS POINT, L CROSS POINT, STEP ½ TURN L, ½ TURN L, ¼ TURN L.**

1,2      Cross step R over L, point L to L side.  
3,4      Cross step L over R, point R to R side.  
5,6      Step forward on R, make a ½ turn L.  
7,8      Make a ½ turn L stepping back on R, make a ¼ turn L stepping L to L side. (9 o'clock).

## **CROSS ROCK, CHASSE R, CROSS SIDE, L SAILOR STEP.**

1,2      Cross rock R over L, recover weight to L.  
3&4      Step R to R side, close L beside R, step R to R side.  
5,6      Cross step L over R, step R to R side.  
7&8      Cross step L behind R, step R to R side, step L in place. (9 o'clock).

## **TOUCH ½ TURN R, CROSS SIDE, BEHIND & HEEL, HOLD & CROSS.**

1,2      Touch R toe back, make a ½ turn R. (Weight forward on R).  
3,4      Cross step L over R, step R to R side.  
5&6      Cross step L behind R, step R to R side, touch L Heel to L diagonal.  
7&8      Hold count 7, step L beside R, cross step R over L. (3 o'clock).

## **SIDE BEHIND SIDE HEEL HOLD, & CROSS SIDE TOUCH ½ TURN L.**

1,2      Step L to L side, cross step R behind L.  
&3,4      Step L to L side, touch R heel to R diagonal, hold count 4.  
&5,6      Close R beside L, cross step L over R, step R to R side.  
7,8      Touch L toe back, make a ½ turn L. (Weight forward on L). (9 o'clock).

## **ROCKING CHAIR, STEP ½ TURN L, FULL TURN L.**

1,2      Rock forward on R, recover weight to L.  
3,4      Rock back on R, recover weight to L.  
5,6      Step forward on R, make a ½ turn L.  
7,8      Full turn left travelling forward stepping back on R and forward on L. (3 o'clock).  
**(easier option for counts 7,8 – walk forward R, L.)**

**FORWARD ROCK RECOVER ½ TURN R, FORWARD ROCK RECOVER ½ TURN L, STEP ½ TURN L.**

1-3 Rock forward on R, recover weight to L, make a ½ turn R stepping forward on R.

4-6 Rock forward on L , recover weight to R, make a ½ turn L stepping forward on L.

7,8 Step forward on R, make a ½ turn L. (Weight forward on L). (9 o'clock).

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