

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).

deemusk@btinternet.com Dee – 07814 295470
