

B.H.G. (aka Broken Hearted Girl)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Gordon Elliott (AUS) - October 2010
音乐: Broken-Hearted Girl - Beyoncé : (CD: I Am ... Sasha Fierce)



Original Position: Feet Together Weight On The Left Foot.

STEPS: This dance is done in FOUR directions. Introduction : 16 Beats

FORWARD, ROCK, COASTER STEP, PIVOT TURN-QUICK PIVOT-QUICK PIVOT

1, 2 step r forward, rock back onto l,
3 & 4 coaster : step r back, step l together, step r forward,
5, 6 pivot : step l forward, turn 180deg right take weight onto r, quick pivot :
7 & step l forward, turn 180deg right take weight onto r,
8 & quick pivot : step l forward, turn 180deg right take weight onto r.

SIDE, ROCK, BEHIND-SIDE-ACROSS, SIDE, ROCK, BEHIND-1/4 TURN-FORWARD

1, 2 step l to the side, side rock onto r,
3 & 4 step l behind right, step r to the side, step l across in front of right,
5, 6 step r to the side, side rock onto l,
7 & 8 step r behind left, turn 90deg left step l forward, step r forward.

FORWARD, ROCK & FORWARD, ROCK & PADDLE TURN, ACROSS-SIDE-BEHIND-SIDE

1, 2 & step l forward, rock back onto r, step l together,
3, 4 & step r forward, rock back onto l, step r together,
5, 6 paddle : step l forward, turn 90deg right take weight onto r,
7 & step l across in front of right, step r to the side,
8 & step l behind right, step r to the side.

SIDE, DRAG, BEHIND-SIDE-ACROSS, SIDE, 1/4 TURN, DOUBLE TURN FORWARD

1, 2 step l to the side, drag r towards left & click fingers,
3 & 4 step r behind, step l to the side, step r across in front of left,
5, 6 step l to the side, turn 90deg right take weight onto r,
7 & turn 180deg right step l back, turn 180deg right step r forward, (##)
8 & turn 180deg right step l back, turn 180deg right step r forward.

COASTER FORWARD, COASTER BACK, FORWARD, 1/4 TOUCH, ACROSS-1/4 TURN-1/4 TURN

1 & 2 coaster : step l forward, step r together, step l back,
3 & 4 coaster : step r back, step l together, step r forward,
5, 6 step l forward, turn 90deg left touch r toe to the side,
7 & step r across in front of left, turn 90deg right step l back,
8 turn 90deg right step r to the side.

FORWARD, SWEEP, FORWARD, SWEEP, ACROSS-BACK-1/2 TURN, SHUFFLE FORWARD

1, 2 step l forward, sweep r toe to the side,
3, 4 step r forward, sweep l toe to the side,
5 & step l across in front of right, step r back,
6 turn 180deg left step l forward,
7 & 8 shuffle forward step : r-l-r.

& BACK, DRAG, BACK, DRAG, BACK-1/2 TURN-1/2 TURN, COASTER CROSS

& 1, 2 step l together, step r back, drag l towards right,

3, 4 step l back, drag r towards left,
5 & 6 step r back, turn 180deg left step l forward, turn 180deg left step r back,
7 & 8 step l back, step r together, step l across in front of right.

SIDE-ROCK-ACROSS, SIDE-ROCK-ACROSS, SIDE, TOUCH, 1 & 1/4 ROLL LEFT

1 & 2 step r to the side, side rock onto l, step r across in front of left,
3 & 4 step l to the side, side rock onto r, step l across in front of right,
5, 6 step r to the side, drag to touch l toe together,
7 turn 90deg left step l forward,
& 8 turn 180deg left step r back, turn 180deg left step l forward.

64 Repeat The Dance In New Direction

RESTART : On WALL 5 dance to BEAT 31 & (##) then STEP L FORWARD ready to restart dance to 9.00.

Contact: www.dancewithgordon.com
