

Tearin' Up My Heart

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate
编舞者: George Archer (UK) - February 2011
音乐: Tearin' Up My Heart - *NSYNC



Intro: Start at first verse: 00:28

HOOK, POINT BACK, STEP-LOCK-STEP, ROCK STEP, ½ TURN STEP, ¼ TURN HOP

1-2 Hook right foot in front of left, Point right foot behind
3&4 Step forward on right, lock left behind, forward on right
5-6 Rock forward on left and recover on right, ½ left
7-8 Step forward on left ¼ turn left and hop on left foot

SAILOR STEP ¼ TURN LEFT, STEP, STEP ¼ TURN, SAILOR STEP ¼, HOP, HEEL

&1&2 Land on right foot, cross left foot behind left, step to side with right, ¼ turn left and step forward on left
3-4 Step right forward, step left forward and ¼ turn right
5&6 Cross right behind left, step left side, ¼ turn right, step right forward
7&8 ¼ turn right, hop on right foot, land on left, stick right heel to side

HEEL, POINT BACK ½ TURN, KICK, POINT, POINT, BOX ¼ TURN

&1&2 Recover stepping right together, left heel in front, recover left, point right behind
3-4 ½ turn right, put weight on right foot, kick left forward
&5&6 Recover left, point right to side, recover, point left to side
7&8 Cross left over right, step right back, ¼ left, step left forward

STEP, SHUFFLE, KICK- ½ TURN- KICK, COASTER STEP, STEP

1-2&3 Step right forward, step left in front, bring right together, step left forward
4-5 Kick right in front, (keeping right leg in the air) ½ turn right, kick right in front
6&7-8 Step right back, left together, right in front, step left forward

REPEAT

RESTART: On 4th wall complete first two sections and start again after hop.