

Heartache

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Phrased Beginner
编舞者: Sally Hung (TW) - January 2012
音乐: Shin Don Shin Ton (心动心痛) - Gen-Horng Liu (劉耕宏) & Hwei-Shin Hsu (許慧欣)



Sequence of Dance: AA 4-count/BB Tag 4-count/A 4-count BBB(24 counts)
Dance starts from 16 counts after heavy beats

Tag (16 counts)

1-4 Step R to R, step-close L to R, step R back, touch L beside R

5-8 Step L to L, step-close R to L, step L forward, hold

1-4 Step R to R, step-close L to R, step R forward, touch L beside R

5-8 Step L to L, step-close R to L, step L back, hold

*4-count

1-2 Weight on R

3-4 Weight on L

AI. CROSS, RECOVER, SIDE SHUFFLE, CROSS, RECOVER, SIDE SHUFFLE

1-2 Cross R over L, recover on L

3&4 Side shuffle on RLR

5-6 Cross L over R, recover on R

7&8 Side shuffle on LRL

AII. SIDE SHUFFLE, CROSS, RECOVER, SIDE SHUFFLE, CROSS, RECOVER

1&2 Side shuffle on RLR

3-4 Cross L behind R, recover onto R

5&6 Side shuffle on LRL

7-8 Cross R behind L, recover onto L

AIII. ROCK, RECOVER, BACK SHUFFLE, BACK ROCK, RECOVER, FORWARD SHUFFLE

1-2 Rock R forward, recover on L

3&4 Shuffle back on RLR

5-6 Rock L back, recover on R

7&8 Shuffle forward on LRL

AIV. SIDE ROCK, CROSS SHUFFLE, ¼ R, SHUFFLE

1-2 Rock R to side, recover on L

3&4 Crossing shuffle on RLR

5-6 Step L to side, turn ¼ R and step R to side

7&8 Shuffle forward on LRL

BI. CROSS STEP, BACK, L RONDE, STEP, SIDE, FORWARD, TOUCH

1-2 Cross R over L, step L to side

3-4 Step R back, sweep L

5-6 Step L behind R, step R to side

7-8 Step L forward, touch R to side

BII. STEP TOUCH FORWARD X2, STEP TOUCH BACK X2

1-2 Step R over L, touch L to side

3-4 Step L over R, touch R to side

5-6 Step R behind L, touch L to side
7-8 Step L behind R, touch R to side

BIII. SIDE, BEHIND, CROSS, HOLD, SIDE, ¼ R, BACK, FORWARD, HOLD

1-2 Step R to side, cross L behind R
3-4 Cross R over left, hold
5-6 Step L to side, pivot ¼ turn R and step R back
7-8 Step L forward, hold

BIV. STEP, RECOVER, ½ TURN R, TRIPLE STEP, STEP, RECOVER, ½ TURN L, TRIPLE STEP

1-2 Step R forward, recover on L
3&4 ½ turn R triple step on RLR
5-6 Step L forward, recover on R
7&8 ½ turn L triple step on LRL

Happy dancing!

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