

BrokenHearted

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Johanna Barnes (USA) - March 2012
音乐: Brokenhearted - Karmin



32 count intro.

[1~8]: PUSH STEPS R & L, KICK-BALL-BACK TOUCHES R & L

1 R push/ lean out to R side (12:00)
&
2 R step next to L
3 L push/ lean out to L side
&
4 L step next to R

Note: counts 1, 3: take your body with hip over foot instead of just reaching out with foot

5 R kick forward
&
6 L touch back
7 L kick forward
&
8 R touch back

*** The first 4 counts allow for a lot of creative variations! Use elbows, body rolls, shoulder pops, heel rotations, touches, hand movements, etc., especially during walls 3 and 10.**

[9~16]: 'ROCK-PAPER-SCISSORS' R ROCK-RECOVER ¼ R SIDE, SLOW L CROSS, R SCISSOR STEP

1 R rock step forward
2 recovering weight back onto L while making a ¼ turn right (3:00)
3 R step to R side
4 L step across R
5 R step to R side, slight rotation left
&
6 L step next to R
7 R step across L
8 L step ¼ right turn back (6:00)
9 R step back

[17~24] &: L COASTER STEP SWITCHES (R, L, DOUBLE R, L, R)

1 L step back
&
2 R step next to L
3 L step forward
4 R low kick across L
&
5 step R slightly to R side
6 L low kick across R
&
7 step L slightly to L side
8 R low kick across L
&
9 step R slightly to R side, rotate slightly right

Note: there is a small amount of natural travel that occurs with each return switch step

[25~32]: L ROCK SWEEP ¼ L, STEP, R STEP ½ TURN L, R CROSS STEP

- 1 L push forward and slight your hip angle, open to right,
- 2 return weight R, low L sweep (front to back), while making a ¼ L (3:00)
- 3 L step back
- & R step next to L
- 4 L step forward
- 5 R step forward
- 6 ½ turn left, stepping forward onto L (9:00)
- 7 R step forward
- 8 L step across (and slightly forward)

(BEGIN AGAIN, and most certainly DWYF!)

Styling note: the 3rd and 10th sequences (walls) match the 'rap' portion of the music. I encourage you to dance the 'flava' of these sections with hip-hop styling and body movements.

Refer to video if avail.

Contact : johanna@dancewhatyoufeel.com - www.dancewhatyoufeel.com ~ 203.464.5322 (U.S.A.)
