

Break It To My Heart

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: High Beginner
编舞者: Roz Chaplin (UK) & Colin B Smith (UK) - August 2012
音乐: Can't Break It to My Heart - Tracy Lawrence : (CD: The Very Best Of Tracy Lawrence)



Intro 16 counts

RUMBA BOX

1-2 Step right to right side, close left beside right
3-4 Step right forward, Hold
5-6 Step left to left side, close right beside left
7-8 Step left back, Hold

LOCKING SHUFFLE BACK, COASTER STEP, HOLD

1-2 Step right back, lock left in front of right
3-4 Step right back, Hold
5-6 Step left back, step right beside left
7-8 Step left forward, Hold

Restart Here Wall 3 (6'0'clock)

STEP ¼ TURN, CROSS, HOLD, WEAWE, HOLD

1-2 Step forward right, pivot ¼ turn left (9)
3-4 Cross right over left, Hold
5-6 Step left to left side, cross right behind left
7-8 Step left to left side, Hold

JAZZ BOX, SWEEP, JAZZ BOX ¼ TURN, SCUFF

1-2 Cross right over left, step left back
3-4 Step right to right side, sweep left toe towards right
5-6 Cross left over right, step right back
7-8 Make ¼ turn to left stepping left forward, scuff right beside left (6)

TOE STRUTS FORWARD X2, COASTER STEP, HOLD

1-2 Step right toe forward, drop right heel to floor taking weight
3-4 Step left toe forward, drop left heel to floor taking weight
5-6 Step back on right, step left beside right
7-8 Step forward on right, Hold

TOE STRUTS FORWARD X 2, MAMBO STEP

1-2 Step left toe forward, drop left heel to floor taking weight
3-4 Step right toe forward, drop right heel to floor taking weight
5-6 Rock forward on left, recover onto right
7-8 Step left beside right, Hold

RIGHT SIDE ROCK, WEAWE LEFT, CROSS ROCK

1-2 Rock right to right side, recover onto left
3-4 Cross right over left, step left to left side
5-6 Cross right behind left, step left to left side
7-8 Cross rock right over left, recover onto left

SIDE, DRAG, ROCK STEP X 2

1-2 Step right LONG step to right side, drag left toe towards right

3-4 Rock back on left, recover onto right
5-6 Step left LONG step to left side, drag right toe towards left
7-8 Rock back on right, recover onto left
