

# My Breaking Heart

**COPPER** **NOB**  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Scott Schrank (USA) - December 2012  
音乐: The Sound of My Breaking Heart - K'naan : (CD: Country, God Or The Girl - iTunes)



**Start: 32-Count Intro**

**Phrasing: 1 Restart and 2 Four Count Tags (32-Tag-64-64-Tag-64 to Finish)**

## **[1-8] WIZARD STEP X 2, ROCK, RECOVER, TRIPLE 1/2 TURN RIGHT**

1-2&      Step R foot diagonally right (1), Step ball of L foot behind R foot (2), Step R foot diagonally right (&)  
3-4&      Step L foot diagonally left (3), Step ball of R foot behind L foot (4), Step L foot diagonally left (&)  
5-6      Rock R foot forward (5), Recover weight back to L foot (6)  
7&8      Triple step in place making 1/2 turn right (R-L-R) (7&8) (6:00)

## **[9-16] WIZARD STEP X 2, ROCK, RECOVER, TRIPLE 3/4 TURN LEFT**

1-2&      Step L foot diagonally left (1), Step ball of R foot behind L foot (2), Step L foot diagonally left (&)  
3-4&      Step R foot diagonally right (3), Step ball of L foot behind R foot (4), Step R foot diagonally right (&)  
5-6      Rock L foot forward (5), Recover weight back to R foot (6)  
7&8      Triple step in place making 3/4 turn left (L-R-L) (7&8) (9:00)

## **[17-24] STEP, PIVOT, CROSS-BALL-CROSS, TURN, TURN, CROSS-BALL-CROSS**

1-2      Step R foot forward (1), Pivot 1/4 turn left on balls of both feet (2) (Weight the L foot) (6:00)  
3&4      Cross step R foot over L foot (3), Step L foot L (&), Cross step R foot over L foot (4)  
5-6      Make 1/4 turn right stepping back on L foot (5), Make 1/4 right stepping R foot right (6) (12:00)  
7&8      Cross step L foot over R foot (7), Step R foot R (&), Cross step L foot over R foot (8)

## **[25-32] SWAY, SWAY-BALL-CROSS, SIDE, TAP, KICK-BALL-CROSS, SIDE**

1-2      Step R foot right while swaying hips right (1), Sway hips left (2)  
&3-4      Step ball of R foot behind L foot (&), Cross L foot over R foot (3), Step R foot right (4)  
5-6      Tap L toes next to R foot (5), Kick L foot slightly left (6),  
&7-8      Step Ball of L foot back past R foot (&), Cross step R foot over L foot (7), Step L foot left (8)

**(Restart happens here plus four count tag)**

## **[33-40] SCOOP, TOUCH, SCOOP, TOUCH, SCOOP, TOUCH, SCOOP, TOUCH**

1-2      While making a 1/4 turn right, scoop down and step R foot right (1), Straighten up and touch L toes next to R foot (2) (3:00)  
3-4      While making a 1/4 turn right, scoop down and step L foot left (3), Straighten and touch R toes next to L foot (4) (6:00)  
5-6      While making a 1/4 turn right, scoop down and step R foot right (5), Straighten and touch L toes next to R foot (6) (9:00)  
7-8      Scoop to the left stepping L foot left (7), Straighten and touch R toes next to L foot (8) (9:00)

**(Styling Note: Every time you "Scoot down", both elbows go out. On the "Up motion", hands come to the front and snap your fingers)**

## **[41-48] SIDE, BEHIND & HEEL & CROSS, SIDE, BEHIND & HEEL & CROSS**

1-2&      Step R foot right (1), Step ball of L foot behind R foot (2), Step R foot slightly right (&)  
3&4      Touch L heel diagonally left (3), Step L foot slightly back (&), Cross step R foot over L foot

5-6& Step L foot left (5), Step ball of R foot behind L foot (6), Step L foot slightly left (&  
7&8 Touch R heel diagonally right (7), Step R foot slightly back (&), Cross step L foot over R foot  
(8)

**[49-56] SCOOP, TOUCH, SCOOP, TOUCH, SCOOP, TOUCH, SCOOP, TOUCH**

1-2 Scoop to the right stepping R foot right (1), Straighten and touch L toes next to R foot (2)  
(9:00)  
3-4 While making a 1/4 turn left, scoop down and step L foot left (3), Straighten and touch R toes  
next to L foot (6) (6:00)  
5-6 While making a 1/4 turn left, scoop down and step R foot right (5), Straighten and touch L  
toes next to R foot (6) (3:00)  
7-8 Scoop to the left stepping L foot left (7), Straighten and touch R toes next to L foot (8) (3:00)  
**(Styling Note: Every time you Scoot down, both elbows go out with palms of both hands facing down. On the  
Up motion, cross hands in a fist over the chest)**

**[57-64] ROCK, RECOVER, BACK, CROSS, BACK, 1/4 TURN, STEP, PIVOT 1/2**

1-2 Rock forward on R foot (1), Recover weight to L foot (2)  
3-4 Step back on R foot (3), Cross L foot over R foot (4)  
5-6 Step back on R foot (5), Make 1/4 turn left stepping forward on L foot (6) (12:00)  
7-8 Step forward on R foot (7), Pivot 1/2 turn left on balls of feet (8) (6:00)

**TAGS: -**

**The first Tag happens after the first 32 counts of the dance (Facing 12:00).  
Do the Tag, and then Start the dance from the beginning.**

**The second Tag comes at the End of the Second full rotation of 64 counts (Facing 12:00).**

1-4 Rock forward on R Foot (1), Recover weight to L foot (2), Rock back on R foot (3), Recover  
weight to L foot (4)

**(Styling: Hold both hands over the heart as you rock while tapping your chest)  
Start the dance again**

**Finish: On your last wall, do the first 32 counts of the dance as written. You will be facing 12:00. Place hands  
of your heart and tap your chest.**

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