

My Broken Heart

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Judy Rodgers (USA) - April 2013
音乐: Somewhere In My Broken Heart - Billy Dean



16 count intro (no tags or restarts)

Cross rock side, cross, turn ¼, sweep sailor turn ½, step pivot ½, step pivot ½, step

1-2& Cross rock R over L, recover L, step R to side
3-4 Cross rock L over R, turn ¼ left step R back [9:00]
5&6 Sweep L into sailor turn ½ left [3:00]
7& Step R pivot ½ left
8&1 Step R pivot ½ left, step R forward (styling - keep pivots small/tight)
(option for 7&8&do a forward rocking chair)

Mambo step, sweep sailor turn ½, shuffle w/ full spiral, step together press

2&3 Rock L forward, recover R, step L back
4&5 Sweep R into sailor turn ½ right [9:00]
6&7 Step L forward, step R together, step L forward spiral full turn right hooking R across L knee
8&1 Step R forward, step L together, Press R forward

Recover L, sweep/step back R & L, turn ¼ point turn ¼, turn ¼ side rock cross, side behind turn ¼

2&3 Recover L, sweep/step back R, sweep/ step back L
4&5 Turn ¼ right step R to side, point L to left side, turn ¼ left step left forward [9:00]
6&7 Turn ¼ left rock R to side, recover L, cross R over L [6:00]
&8& Step L to side, step R behind L, turn ¼ left step L forward [3:00]

Rock recover together, rock recover turn ¼, cross-unwind ¾, sweep sailor step

1-2& Rock R forward, recover L, step R beside L
3-4& Rock L forward, recover R, turn ¼ left step L to left side [12:00]
5-6 R cross over L, unwind ¾ turn left (weight to R) [3:00]
7&8 Sweep L into sailor step L R L

(**note: There is a one beat pause at the end of wall 5 (2nd time you start 12:00 & end at 3:00.....
drag R foot forward to start the dance again or hold for 1 beat)

Ending: On wall 7 (at 6:00), do step 1-13...then finish with 14&15, changing the spiral to a ¾ turn
to end the dance at the front wall.

HAPPY DANCING!!

Contact: jrdancing@bellsouth.net