

Give Your Heart A Break

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Jonat Marinas (USA) - September 2013
音乐: Give Your Heart a Break - Demi Lovato : (CD: Unbroken - iTunes)



Start dance on lyrics

SIDE STEPS, TOE TOUCHES, LEFT SAILOR 1/4 TURN

1-2 Step R to side, step L together
3-4 Step R to side, touch L together
5-6 Touch L toes forward, touch L toes to side
7&8 Cross L behind R and turn 1/4 left, step R together, step L in place

TOE TOUCHES, SHUFFLE, STEP-TURN,

1-2 Touch R toes forward, touch R toes back
3&4 Shuffle forward R, L, R
5-6 Step L forward, turn 1/2 right
7-8 Step L forward, step R together

ROCK, RECOVER, BEHIND-SIDE-CROSS, ROCK, RECOVER, RIGHT SAILOR 1/4 TURN

1-2 Rock L to side, recover to R
3&4 Step L behind R, step R to side, cross L over R
5-6 Rock R forward, recover to L
7&8 Cross R behind L and turn 1/4 right, step L together, step R in place

STEP-TURN, KICK-BALL-CHANGE, STEP-TOGETHER, STEP-TOUCH

1-2 Step L forward, turn 1/4 right
3&4 Kick L forward, step L beside R, step R in place
5-6 Step L forward, step R together
7-8 Step L forward, touch R together

Repeat

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