

Mama's Broken Heart

COPPERKNOB
STEPSHEETS

拍數: 108 牆數: 0 級數: Phrased Advanced
編舞者: Egle Jürimets (EST) - September 2015
音樂: Mama's Broken Heart - Miranda Lambert



Sequence: A, B, A, B, TAG, B 40 counts, special ending

Intro: 16 counts. Start dancing on lyrics.

PART A- 64 COUNTS

A1: SHUFFLE, HEEL, HOOK, HEEL, X2

1&2 Step RF side, step LF next to RF, step RF side
3&4 LF heel fwd, LF hook in front of RF, LF heel fwd
5&6 Step LF side, step RF next to LF, step LF side
7&8 RF heel fwd, RF hook in front of LF, RF heel fwd

A2: ¼ SAILOR TURN, KICK BALL CHANGE, ½ SCUFF HITCH TURN, COASTER STEP

1&2 Step RF behind LF, step LF neft to RF, turn ¼ to right with stepping RF fwd
3&4 Kick LF forward, step LF next to RF, step RF next to LF
5&6 LF scuff, LF hitch with ½ turn right stepping LF back
7&8 RF step back, step LF next to RF, step RF fwd

A3: SHUFFLE, SCUFF HITCH CROSS, ¾ UNWIND, KICK BALL CHANGE

1&2 Step LF side, step RF next to LF, step LF side
3&4 RF scuff, RF hitch, step RF across LF
5-6 ¾ unwind to left (facing 12:00)
7&8 RF kick fwd, step RF next to LF, step LF next to RF

A4: HEEL, HOOK, HEEL, FLICK, ¼ SHUFFLE TURN, KICK X2, BEHIND, SIDE, CROSS, SIDE □

1&2& RF heel fwd, RF hook in front of LF, RF heel fwd, RF flick foot back
3&4 Step RF side, step LF next to RF, ¼ turn right with stepping RF fwd
5&6 LF kick diagonally fwd X2, step LF behind RF
7&8 Step RF side, step LF cross RF, step RF side

A5: ¼ SAILOR TURN, ½ SHUFFLE TURN, KICK BALL BACK, ¼ SCUFF HITCH TURN

1&2 Step LF behind RF, step RF next to LF, step LF fwd turning ¼ left
3&4 ¼ turn left stepping RF side, step LF next to RF, ¼ turn left stepping RF back
5&6 LF kick back, step LF next to RF, step RF next to LF
7&8 LF scuff, LF hitch with ¼ turn right stepping LF back

A6: BEHIND, SIDE, CROSS, SHUFFLE, ¼ SAILOR TURN, FULL TRIPPLE TURN

1&2 Step RF behind LF, step LF side, step RF across LF
3&4 Step LF side, step RF next to LF, step LF side
5&6 RF cross behind LF, step LF next to RF, ¼ turn right stepping RF fwd
7&8 Make full turn right stepping LF-RF-LF (facing 3:00)

A7: FWD STEP, ½ FLICK TURN, SHUFFLE, FWD STEP, ¼ TURN, CROSS, KICK X2, TOUCH BEHIND

1-2 Step RF fwd, make ½ turn with RF flick back
3&4 RF step fwd, step LF next to RF, step RF fwd
5&6 Step LF fwd, ¼ turn right with stepping LF across RF
7&8 Kick RF diagonally fwd X2, touch RF behind LF

A8: SCISSOR STEP X2, CROSS KICK, DIAGONALLY KICK, FLICK BACK, TOGETHER

- 1&2 Step RF side, step LF next to RF, step RF across LF
- 3&4 Step LF side, step RF next to LF, step LF across RF
- 5-6 Kick RF cross fwd, kick RF diagonally fwd
- 7-8 Step RF next to LF, flick LF back, step LF next to RF

PART B- 44 COUNTS

B1: SHUFFLE DIAGONALLY X2, CROSS, SIDE, ½ SAILOR TURN

- 1&2 RF step diagonally fwd, step LF next to RF, step RF diagonally fwd
- 3&4 LF step diagonally fwd, step RF next to LF, step LF diagonally fwd
- 5-6 Step RF across LF, step LF side
- 7&8 RF cross behind LF, step LF next to RF, 1/2 turn right stepping RF fwd

B2: SHUFFLE DIAGONALLY X2, KICK BALL CHANGE, ½ TURN, CROSS

- 1&2 LF step diagonally fwd, step RF next to LF, step LF diagonally fwd
- 3&4 RF step diagonally fwd, step LF next to RF, step RF diagonally fwd
- 5&6 LF kick fwd, step LF next to RF, step RF next to LF
- 7&8 Step LF fwd, ½ turn right, step LF across RF

B3: 1/8 SCUFF HITCH TURN, PONY STEPS BWD X4, COASTER STEP

- 1&2 RF scuff, RF hitch with 1/8 turn left stepping RF back (facing 19:30)
- 3&4& LF hitch, step LF backwards, RF hitch, step RF backwards
- 5&6& LF hitch, step LF backwards, RF hitch, step RF backwards
- 7&8 Step LF back, step RF next to LF, step LF fwd

B4: SHUFFLE, 3/8 TURN, SHUFFLE, TOE HEEL TWIST X2

- 1&2 RF step side, step LF next to RF, step RF side
- 3&4 3/8 turn right (end facing 12:00) stepping LF side, step RF next to LF, step LF side
- 5&6 Twist RF toe to right and LF heel to left, twist LF toe to left and RF heel to right
- 7&8 Twist RF toe to right and LF heel to left, twist LF toe to left and RF heel to right

B5: SHUFFLE, ¼ TURN, SHUFFLE, ¼ TURN, VAUDEVILLES

- 1&2 RF step side, step LF next to RF, step RF side
- 3&4 ¼ turn left stepping LF side, step RF next to LF, step LF side
- 5&6 ¼ turn left stepping RF side, step LF across RF, step RF side, touch LF heel diagonally fwd
- 7&8 Step LF in place, step RF across LF, step LF side, touch RF diagonally fwd

B6: WALK AROUND FULL TURN RIGHT

- 1-2 Turn ¼ right stepping RF fwd, turn ¼ right stepping LF fwd
- 3-4 Turn ¼ right stepping RF fwd, turn ¼ right stepping LF fwd

TAG- 16 COUNTS (facing 12:00)

TS1: HEEL, TOUCH, HEEL, HOOK, HEEL, X2

- 1-2 RF heel fwd, touch LF back
- 3&4 RF heel fwd, RF hook in front of LF, RF heel fwd
- 5-6 LF heel fwd, touch RF back
- 7&8 LF heel fwd, LF hook in front of RF, LF heel fwd

TS2: TOE HEEL TWIST, X2, TOES OUT-IN, X2, HEELS OUT-IN X2, RF TWIST, DRAG

- 1&2& Twist RF toe to right and LF heel to left, twist LF toe to left and RF heel to right
- 3&4& Both toes out and in, out and in
- 5&6& Both heels out and in, out and in
- 7&8& RF toes out, RF heels out, RF toes out, RF heel out, when the music slows down drag the LF next to RF

SPECIAL ENDING- 14 COUNTS

After part B 40 counts

E1: SHUFFLE, ¼ TURN, SHUFFLE, ¼ TURN, VAUDEVILLES

1&2 RF step side, step LF next to RF, step RF side

3&4 ¼ turn left stepping LF side, step RF next to LF, step LF side

5&6 ¼ turn left stepping RF side, step LF across RF, step RF side, touch LF heel diagonally fwd

7&8 Step LF in place, step RF across LF, step LF side, touch RF diagonally fwd

E2: SHUFFLE, ¼ TURN, SHUFFLE, ¼ TURN, STEP FWD

1&2 RF step side, step LF next to RF, step RF side

3&4 ¼ turn left stepping LF side, step RF next to LF, step LF side

5-6 ¼ turn right stepping RF fwd (facing 12:00)

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