

Sleeping With A Broken Heart (心碎難眠) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Matt Sampson (UK) - 2010年07月
音樂: Try Sleeping With a Broken Heart - Alicia Keys



前奏 : Intro: 16 Counts from Start of Music.

第一段 **Cross, Rock and Cross, Side, Back Rock Side, Back, Sailor ¼ Cross**
交叉, 曼波交叉, 右踏, 後下沉 回復 左踏, 後, 左1/4水手交叉

- 1 Cross right over left 右足於左足前交叉踏
2&3 Rock out on left, recover and cross left over right
左足左下沉, 右足回復, 左足於右足前交叉踏
4 Step right to right side 右足右踏
5&6 Back rock on left, recover on right, Step left to left side
左足後下沉, 右足回復, 左足左踏
7 Step back on right 右足後踏
8&1 Sweep/Cross Left behind Right making 1/4 turn left. Step right beside left. Cross left over right
左轉90度左足繞至右足後交叉踏, 右足併踏, 左足於右足前交叉踏

第二段 **Side, Back Rock Side, Back Rock ¼, Back Rock 1/2**
右踏, 後下沉 回復 左踏, 後下沉 回復 左1/4, 後下沉 回復 右1/2

- 2 Step right to right side 右足右踏
3&4 Rock back on left, recover on right, step left to left side
左足後下沉, 右足回復, 左足左踏
5&6 Rock back on right, recover on left, turn ¼ left stepping back on right 右足後下沉, 左足回復, 左轉90度右足後踏
7&8 Rock back on left, recover on right, turn ½ right stepping back on left
左足後下沉, 右足回復, 右轉180度左足後踏

第三段 **Back Rock Side, Sailor ½, Step Forward, Mambo ½, Step Pivot Press**
後下沉 回復 右踏, 左1/2轉水手, 踏 曼波轉, 踏 轉 壓

- 1&2 Rock back on right, recover on left, step right to right side
右足後下沉, 左足回復, 右足右踏
3&4 Make 1/4 turn Left as you cross step Left behind Right, 1/4 Left stepping Right next to Left, Step left forward
左轉90度左足於右足後交叉踏, 左轉90度右足併踏, 左足前踏
5 Step forward on right 右足前踏
6&7 Rock forward on left, recover on right, turn ½ left stepping forward on left 左足前下沉, 右足回復, 左轉180度左足前踏
8&1 Step right forward, pivot ½ to left, press forward on right
右足前踏, 左軸轉180度, 右足前壓踏

第四段 **Recover, Right Sailor, Touch, Rock and Cross, Back, Side**
回復, 水手步, 點, 曼波交叉, 後 左踏

- 2 Recover on left 左足回復
3&4 Step right behind left, step left to left side, step right to right side
右足於左足後踏, 左足左踏, 右足右踏

On wall 4 at count 4, instead of stepping right to side, touch right in place and restart from the beginning 第四面牆時, 第4拍的右足右踏變成右足併點, 從頭起跳

- 5 Touch left next to right 左足併點

6&7 Rock out on left, recover on right, cross left over right
左足左下沉, 右足回復, 左足於右足前交叉踏

8& Step back on right, step left to left side
右足後踏, 左足左踏

TAG: at END of wall 1 第一面牆結束時加拍

Step, Mambo left, Coaster step, Mambo ½, Step Pivot
踏, 前曼波, 海岸步, 曼波轉, 踏 轉

1 Step forward on right 右足前踏

2&3 Rock forward on left, recover on right, step back on left
左足前下沉, 右足回復, 左足後踏

4&5 Step back on right, step back on left, step forward on right
右足後踏, 左足後踏, 右足前踏

6&7 Rock forward on left, recover on right, turn ½ left stepping forward on left 左足前下沉, 右足回復, 左轉180度
左足前踏

8& Step forward on right, pivot ½ left
右足前踏, 左軸轉180度
