

Broken Heels (技高一籌) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nina Chen (TW) - 2016年02月
音樂: Broken Heels (Single Mix) - Alexandra Burke



Intro: 32 counts

S1. R&L STRUT - JAZZ BOX WITH 1/4 TRUN R

1-4 Touch R toe fwd - Drop R heel - Touch L toe fwd - Drop L heel
5-8 Cross RF over LF - 1/4 trun R (3:00) step LF back - Step RF to R - Step LF fwd
1-4 右足尖前點 - 放下右足跟 - 左足尖前點 - 放下左足跟
5-8 右足前跨 - 右轉1/4 (3:00) 左足後踏 - 右足右踏 - 左足前踏

S2. R&L HEEL SWITCH - HEEL SPLITS x2

1-4 Touch R heel fwd - Step RF beside LF - Touch L heel fwd - Step LF beside RF
5-8 Keeping toe together split heels apart.x2
1-4 右足跟前點 - 右足回併踏 - 右足跟前點 - 右足回併踏
5-8 雙足尖合併抬起雙足跟開合兩次

S3. R CHASSE - ROCK - RECOVER - L CHASSE - ROCK - RECOVER

1&2,3-4 Step RF to R - Step LF next to RF - Step R to R side - Rock LF back - Recover onto RF
5&6,7-8 Step LF to L - Step RF next to LF - Step LF to L - Rock RF back - Recover onto LF
1&2,3-4 右足側交換步(右左右) - 左足後下沉 - 重心回右足
5&6,7-8 左足側交換步(左右左) - 右足後下沉 - 重心回左足

S4. FWD PIVOT 1/2 TURN L x2 - HEEL OUT OUT - STEP IN IN

1-4 Step RF fwd - Pivot 1/2 turn L (9:00) - Step RF fwd - Pivot 1/2 turn L (3:00)
5-8 Step R heel diagonal fwd (out) - Step L heel diagonal fwd (out) - Step RF back (in) - Step LF
beside RF (in)
1-4 右足前踏 - 向左踏轉 1/2 (9:00) - 右足前踏 - 向左踏轉 1/2 (3:00)
5-8 右足跟斜前踏 (外) - 左足跟斜前踏 (外) - 右足後踏 (內) - 左足併於右足旁 (內)

Tag: After 7th wall (9:00)

CROSS - HOLD - 3/4 UNWIND TRUN L

1-4 Cross RF over LF - Hold - 3/4 unwind trun L (2 counts) (12:00)
1-4 右足前跨 - 停拍 - 兩拍向左轉3/4 (12:00)

Have Fun & Happy Dancing!

Contact Nina Chen: nina.teach.dance@gmail.com