

Cyndi's Heartaches

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Joyce Nicholas (MY) - May 2016
音樂: Heartaches By the Number - Cyndi Lauper : (Album: Detour)



Intro: 32 counts – Start on vocal

(1-8) CROSS ROCK, CHASSE, FWD & SIDE TOUCHES, STEP

1-2 Cross rock R over L, Recover on L
3&4 Step R to R side, Step L beside R, Step R to R
5-6 Touch L fwd, Touch L to side
7-8 Touch L fwd, Step L back in place

(9-16) SHUFFLE FWD, ROCK, RECOVER, SHUFFLE BACK, ROCK, RECOVER

1&2 R Shuffle fwd RLR
3-4 Rock fwd L, Recover back on R
5&6 L Shuffle back LRL
7-8 Rock back on R, Recover fwd on L

(17-24) ROCK, RECOVER, ¼ TURN R SHUFFLE, TOE STRUTS

1-2 Rock fwd on R, Recover back on L
3&4 Turn ¼ R stepping R to R side, Step L next to R, Step R to R side
5-6 Step fwd on L toe, Drop down heel
7-8 Step fwd on R toe, Drop down heel

(25-32) SIDE, CROSS, SIDE, KICK (L THEN R)

1-2 Step L to L side, Cross R over L
3-4 Step L to L side, Kick R across L (to L diagonal)
5-6 Step R to R side, Cross L over R
7-8 Step R to R side, Kick L across R (to R diagonal)

(33-40) ROCK, RECOVER, TRIPLE ½ TURN, ROCK, RECOVER, COASTER STEP

1-2 Rock fwd on L, Recover on R
3&4 Triple ½ turn L stepping L, R, L
5-6 Rock fwd on R, Recover back on L
7&8 Step back on R, Step L next to R, Step fwd on R

(41-48) SIDE, CROSS, SIDE, KICK (L THEN R)

1-2 Step L to L side, Cross R over L
3-4 Step L to L side, Kick R across L (to L diagonal)
5-6 Step R to R side, Cross L over R
7-8 Step R to R side, Kick L across (to R diagonal)

(49-56) R ¼ PIVOT, FWD HIP BUMPS, STEP BACK

1-2 Step fwd L, Pivot ¼ R (weight on R)
3-4 Bump L hips fwd twice
5-6 Bump R hips fwd twice
7-8 Large step back on L, Step R next to L

(57-64) UNWIND ½ L, CROSS POINT X 2, STEP BACK

1-2 Touch L behind R, Unwind ½ turn L
3-4 Cross R over L, Point L to L

5-6 Cross L over R, Point R to R
7-8 Step slightly back on R, Step L next to R

START AGAIN

Tag: (8 counts) – Danced once at end of wall 2 (facing front)

(1-8) ROCKING CHAIR, SWAY SWAY

1-2 Rock fwd on R, Recover on L
3-4 Rock back on R, Recover on L
5-8 Sway R, L, R, L

Ending: On wall 6 (last wall facing back), dance steps 1-24 (toe struts), then making ¼ turn R, do a L toe strut and pose.

Contact: joycen53@hotmail.com
