

Brokenhearted EZ

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 1 級數: Phrased Improver - Fun dance
編舞者: Winnie Yu (CAN) - February 2017
音樂: Shi Lian Zhen Xian Lian Meng (失恋阵线联盟) - Grasshopper (草蜢)



A-32, B-32, C-32, Tag -64

Sequence: ABCA, Tag , ABCA, Ending – Twice the last 8 counts of section A

Intro: 32 counts

Part A: 32 counts

Section A1: Hip Swings

1-2-3-4 Swing hips - Right twice, Left twice

5-6-7-8 Swing hips – Right, left, right, Hold

Section A2: Hip Swings

1-2-3-4 Swing hips – Left twice, Right twice

5-6-7-8 Swing hips – Left, right, left, Hold

Section A3: (Back Toe Strut) x 4

1-2-3-4 Touch right toe back, drop right heel down, touch left toe back, drop left heel down

5-6-7-8 Repeat counts: 1 - 4

Section A4: Right Rocking Chair, Big Step Right Recover Together

1-2-3-4 Rock right forward, recover onto left, rock right back, recover onto left

5-6-7-8 Big step right to side (5), twist upper body turning 1/4L with bend right foot (6), Recover onto left, step right besides left

Part B: 32 counts

Section B1: R Side, Together, Side, Touch, L Side, Together, Side, Touch

1-2-3-4 Step right to side, step left together, step right to side, touch left besides right

5-6-7-8 Step left to side, step right together, step left to side, touch right besides left

Section B2: Repeat Section 1

Section B3: R Jazz Box Cross with Toe Strut

1-2-3-4 Touch right toe cross over left, drop right heel, touch left toe back, drop left heel

5-6-7-8 Touch right toe to side, drop right heel, touch left toe cross over right, drop left heel

(Option: Right jazz box cross with hold counts 2, 4, 6, 8)

Section B4: Repeat Section 3

Part C: 32 counts

Section C1: (Right Side Rock) x 3, Right Triple Steps on Spot

1-2-3-4 (Rock right to side, recover onto left) x 2

5-6, 7&8 Rock right again, recover onto left, steps on spot – R/L/R

Section C2: (Left Side Rock) x 3, Left Triple Steps on Spot

1-2-3-4 (Rock left to side, recover onto right) x 2

5-6, 7&8 Rock left again, recover onto right, steps on spot – L/ R/L

Section C3: R Rocking Chair, R Fwd Rock, Recover, Coaster Step

1-2-3-4 Rock right forward, recover onto left, rock right back, recover onto left

5-6, 7&8 Rock right forward, recover onto left, step right back, step left besides right, step right forward

Section C4: L Rocking Chair, L Fwd Rock, Recover, Coaster Step

1-2-3-4 Rock left forward, recover onto right, rock left back, recover onto right

5-6, 7&8 Rock left forward, recover onto right, step left back, step right besides left, step left forward

Tag: 64 counts

Section T1: R Rock Fwd, Recover, Shuffle Back, R Rock Back, Recover, Shuffle Fwd

1-2, 3&4 Rock right forward, recover onto left, step right back, step left besides right, step right back

5-6, 7&8 Rock left backward, recover onto right, step left forward, step right besides left, step left forward

Section T2: Repeat Section: 1

Section T3: R & L Side Rock, Recover, Triple Steps on Spot

1-2, 3&4 Rock right to side, recover onto left, step on spots – R/L/R

5-6, 7&8 Rock left to side, recover onto right, step on spots – L/R/L

Section T4: (Right Rocking Chair) x 2

1-2-3-4 Rock right forward, recover onto left, rock right back, recover onto left

5-6-7-8 Repeat counts: 1 - 4

Easy Option: Repeat Section T1 – T4

Section T5: (Fwd, Together, Swivel Heels 1/4L) x 2

1-2, 3&4 Step right forward, step left together, swivel both heels R/L/R with a 1/4L turn (weight on L)

5-6, 7&8 Repeat counts: 1 – 4 (6:00)

Section T6: Repeat Section: 5 (12:00)

Section T7: Fwd, Together, Swivel Heels on Spot, Back, Together, Swivel Heels on Spot

1-2, 3&4 Step right forward, step left together, swivel both heels R/L/R on spot

5-6, 7&8 Step right backward, step left together, swivel both heels R/L/R on spot

Section T8: (Right Rocking Chair) x 2

1-2-3-4 Rock right forward, recover onto left, rock right back, recover onto left

5-6-7-8 Repeat counts: 1 - 4

Have Fun & Enjoy !

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