

B&B Heels

拍數: 64 牆數: 4 級數: Improver
編舞者: Belén Márquez (ES) & Belén "Júnior" Vergara - October 2017
音樂: Broken Heels - Alexandra Burke



Intro count: 16

S1: OUT-OUT, IN-IN, BASICS RIGHT & LEFT

1-2 Right Heel Diagonally Right Forward, Left Heel Diagonally Left Forward
3-4 Step Right To Center, Step Left To Center
5-6 Step Right Side, touch Left Together
7-8 Step Left Side, Touch Right Together

Restart - Wall 9

S2: VINE RIGHT, ¼ TURN LEFT

1-2 Step Right Side, cross left behind right
3-4 Step Right Side, Touch left together
5-6 Turn ¼ left and step left forward, Turn ½ left and paso step right back
7-8 Turn ½ left and step left forward, Touch right together

S3: DIAGONAL STEPS

1-2 Step Diagonally right forward (body looking diagonal, open Knees and snaps out), Touch left together (close knees and snaps in)
3-4 Repeat steps 1 y 2
5-6 Step diagonally left back, Touch right together and clap (o snaps)
7-8 Step diagonally right back, Touch left together and clap (o snaps)

S4: LOCK STEP, SWIVELS

1-2 Step left forward, cross right behind left
3-4 Step left forward, stomp right together
5-6 Swivels heels to the right, heels to center
7-8 Swivels heels to the right, heels to center

S5: ROCKING CHAIR, STEP ½ TURN, STEP ¼ TURN

1-2 Rock right forward, recover
3-4 Rock right back, recover
5-6 Step right forward, Turn ½ left
7-8 Step right forward, Turn ¼ left

S6: HEEL-TOGETHER X2, WAVE

1-2 Touch heel right forward, recover in place
3-4 Touch heel left forward, recover in place
5-6 Step right side, cross left behind right
7-8 Step right side, cross left over right

Restart - Wall 5

S7: LINDY SHUFFLE ¼ TURN RIGHT

1&2 Step right side, step left together, step right side
3-4 Rock left back, recover
5&6 Step left side, step right together, turn ¼ right and step left back
7-8 Rock right back, recover

S8: TOE STRUTS FORWARD, JAZZ BOX

1-2 Touch Toe Right forward, drop heel right
3-4 Touch Toe Left Forward, drop heel left
5-6 Cross right over left, step left back
7-8 Step right side, stomp left together

REPEAT

RESTARTS:-

Wall 5 after count 48

Wall 9 after count 8
