

Heartbreak #1

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 1 級數: Improver
編舞者: Val Saari (CAN) - March 2018
音樂: Heartbreak - Sarah McLachlan : (iTunes)



CROSS-BEHIND ROCK/SHUFFLE, LEFT & RIGHT/ PIVOT 1/4 LEFT/SHUFFLE

1-2 Cross RF behind LF, Recover LF
3&4 Shuffle Right (right-left-right)
5-6 Cross LF behind RF, Recover RF Pivot 1/4 L
7&8 Shuffle Forward (left-right-left)

RF ROCK FWD, LF RECOVER, RF MAMBO BACK, LF ROCK FWD, RF RECOVER, LF MAMBO BACK

1-2 Rock RF forward, Recover LF
3&4 Rock RF back, Recover LF, Step RF beside left
5-6 Rock LF forward, Recover RF
7&8 Rock LF back, Recover RF, Step LF beside right

TOE-STRUT JAZZ BOX PIVOT 1/4 RIGHT

1-2 Cross right toe in front of left, drop right heel down
3-4 Step back on left toe, drop left heel down
5-6 Step 1/4 turn to the right on right toe, drop right heel down
7-8 Step left toe forward, drop left heel down

JAZZ BOX, OUT, OUT, IN, IN (R,L,R,L)

1-2 Cross RF over left, Step back LF
3-4 Step RF right, Step LF beside
5-6 Step RF right, Step LF left
7-8 Step RF left, Step LF together

REPEAT

This dance can be done "as is", but for those who would prefer more steps.
I will also publish #2 which will consist of this PLUS an additional section
