

Heartbreak #2

拍數: 64 牆數: 1 級數: Improver
編舞者: Val Saari (CAN) - March 2018
音樂: Heartbreak - Sarah McLachlan : (iTunes)



S1: 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)

S2: 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

S3: 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

S4: 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

S5: LINDY RIGHT, LINDY LEFT

1&2 Shuffle right, RLR
3-4 Rock back on LF, Recover on RF
5&6 Shuffle left, LRL
7-8 Rock back on RF, Recover on LF

S6: LINDY RIGHT, LINDY LEFT

1&2 Shuffle right, RLR
3-4 Rock back on LF, Recover on RF
5&6 Shuffle left, LRL
7-8 Rock back on RF, Recover on LF

S7: STEP, LOCK, STEP, SCUFF x 2

1,2,3,4 Step RF forward, Lock LF behind R, Step RF forward, Scuff LF
5,6,7,8 Step LF forward, Lock RF behind L, Step LF forward, Scuff RF

S8: ROCKING CHAIR X 2

1-2 Rock Rf forward, Recover LF
3-4 Rock RF back, Recover LF
5-6 Rock Rf forward, Recover LF
7-8 Rock RF back, Recover LF

REPEAT

