

Unbreak My Heart

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: High Intermediate - Rumba feel
編舞者: Rex Chuan (USA) - November 2018
音樂: Un-Break My Heart - Toni Braxton



Tag: no - Restart: no

Start: start the dance after 16 counts together with vocal.

S1: Side, Cross, SwayX4, Cross, SwayX4

1a234 RF R(1), LF cross RF(a), RF R(2 sway L(3), sway R(4)
5a678 Sway L(5), RF cross LF(a),sway L(6), sway R(7), sway L(8)

S2: Cross, Walk, Pivot Turn, Turn, SwayX4

1a234 Sway R(1), R $\frac{1}{8}$ turn and LF forward(a), RF forward(2), LF forward(3), pivot R half turn and RF forward(4) (7:30)
5678 Swivel $\frac{3}{8}$ R turn and forward LF(5), weight back(6), weight forward(7), weight back(8) (12:00)

S3: L Cucaracha, R Cucaracha, Back Step, Swivel, Cross, Unwind

12a34a LF L(1), sway R(2), LF together (a), RF R(3), sway L(4), close R toe to LF(a)
5678 R quarter turn and RF points back(5), swivel R half turn on RF(6), cross LF over RF(7), unwind full turn and weight on RF(8) (9:00)

S4: Rock, Recover, Weave, Sailor Step Turn, Sway, Quick Sway, SwayX3, Walk

12 na3 LF cross rock(1), weight back on RF(2), LF L(&), RF behind LF(a) LF L(3)
&a4 R quarter turn and RF back(&), LF cross RF(a), RF R(4)
a5678 quickly sway L(a), sway R(5), sway L(6), sway R(7), R quarter turn and LF forward(8), (3:00)

S5: Pivot Turn, Walk, Turn and Cross, Cross, Cross, Turn, Turn, Spiral, Ball Step,

1234 swivel R half turn and RF forward(1), LF forward(2) L quarter turn and RF cross(3), LF cross(4) (6:00)
5678& RF cross(5), R quarter turn and LF forward(6), R quarter turn and RF forward((7), spiral R full turn(8), LF forward(&) (12:00)

S6: Forward, BatucadaX6, L Cucaracha

1&a2&a RF forward(1), R hip pump(&), slightly sweep RF back(a), land RF back(2), L hip pump(&), slightly sweep LF back(a)
3&a4&a Land LF back(3), R hip pump(&), slightly sweep RF back(a), land RF back(4), L hip pump(&), slightly sweep LF back(a)
5&a6 Land LF back(5), R hip pump(&), slightly sweep RF back(a), land RF back(6)
78& LF L(7), sway R(8), LF together while weight on RF(&) (12:00)

S7: Half Swivel Turn and L Cucaracha, Ball Step, Rock Recover, Ball Step Turn, Forward Pivot, Toe Grind Turn, Ball Step

12a3&4a Swivel on RF half R turn and LF L(1), sway R(2), LF together(a), RF forward (3), bend both knees and lower the body(&), shift weight back on LF(4), R quarter turn and RF R on ball(a)
5678& LF forward(5), swivel half R turn and RF forward(6), LF together on toe(7), slowly step on LF and raise R heed while making L quarter turn(8), RF forward on ball(&) (12:00)

S8: Forward, Swivel, Ball Step, Spiral Turn, Ball Step, Turn and Forward, Forward and Pivot Turn, Forward, Turn and Forward

12a LF forward(1) and swivel L $\frac{3}{4}$ turn on LF with RF close on toe(2), RF in place(a)
3a4 LF forward(3) and spiral full turn, forward RF(a), R quarter turn and forward LF(4)

5678 RF forward(5), swivel L half turn and forward LF(6), forward RF(7), L quarter turn and forward LF(8) and L half turn ready for the next move (6:00)

Ending: The dance ends naturally at count 3 of Section 5 facing 12:00. Stop right there and pose.

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