

Nothing Breaks Like A Heart

拍數: 56 牆數: 2 級數: Intermediate
編舞者: Isabell Allert (DE) - February 2019
音樂: Nothing Breaks Like a Heart (feat. Miley Cyrus) - Mark Ronson



Intro: 24 Counts when lyrics starts

[1-8] Shuffle left fwd, Shuffle right fwd, Rock Step, Shuffle ½ turn

1&2 LF step forward, step right to LF, LF step forward
3&4 RF step forward, step left to RF, RF step forward
5, 6 LF step forward, weight back on right
7&8 Make ¼ turn left, LF step to the side, RF next to LF, ¼ turn left, LF step forward

[9-16] Shuffle ½ turn, Coaster Step, Kick ball Change, Kick ball Change

1&2 Make ¼ turn left, RF step to the side, LF next to RF, ¼ turn left, RF step back
3&4 LF step back, close RF next to LF, LF step forward
5&6 Kick RF forward, set down RF on the ball, LF step on place
7&8 Kick RF forward, set down RF on the ball, LF step on place

[17-24] Point, Point, Point, Heel, Hook, Heel, Heel, Heel, Heel, Hook, Heel (Put your hands on your hips)

1& Point RF to right side, RF place next to LF
2& Point LF to left side, LF place next to RF
3& Point RF to right side, RF cross in front of the shinbone
4& Touch right heel forward, RF place next to LF
5& Touch left heel forward, LF place next to RF
6& Touch right heel forward, RF place next to LF
7& Touch left heel forward, LF cross in front of the shinbone
8& Touch left heel forward, LF place next to RF

[25-32] Rock Step, Coaster Step, Rock Step, Coaster Step

1, 2 RF step forward, weight back on left
3&4 RF step back, LF place next to RF, RF step forward
5, 6 LF step forward, weight back on right
7&8 LF step back, RF place next to LF, LF step forward

[33-40] ¼ turn re., Cross, Cross, Cross, Cross, Side Rock, Behind, Side, Cross

1&2 Turn ¼ right, RF cross over LF, LF step to the side, RF cross over LF
&3 LF step to the side, RF cross over LF
&4 LF step to the side, RF cross over LF
5, 6 LF step to left side, weight back on right
7&8 LF cross behind RF, RF step to right side, LF cross over RF

[41-48] Side, Hold, Behind, Side, Cross, Side, Hold, Behind, Side, Cross

1 RF step to right side
2 Hold
3&4 LF cross behind RF, RF step to right side, LF cross over RF
5 RF step to right side
6 Hold
7&8 LF cross behind RF, RF step to right side, LF cross over RF

[49-56] Side Rock, Sailor ½ turn, Side Rock, ¼ turn, Behind, Side, Touch

1, 2 RF step to right side, weight back on left

3&4 ½ turn right, RF cross behind LF, LF step to the side, RF step to the side, weight is right
5, 6 LF step to the left side, weight back on right
7&8 ¼ turn left, LF cross behind RF, RF step to the side, LF touch next to RF

Tag after Wall 2, then Restart

[1-4] Shuffle left fwd, Rock Step, Shuffle right back, Back Rock

1&2 LF step forward, step right to LF, LF step forward
3, 4 RF step forward, weight back on left
5&6 RF step back, step left to right, RF step back
7, 8 LF step back, weight back on right

Restart in Wall 3 and 5 after 44 Counts

[1-8] Side, Hold, Behind, Side, Cross, Side Rock, Sailor 1/4turn

1 RF step to right side
2 Hold
3&4 LF cross behind RF, RF step to right side, LF cross over RF
5 RF step to right side
6 Weight back on LF
7&8 1/4turn right, RF cross behind LF, LF step to side, RF step forward

Last Update: 15 Aug 2022
