

# Abby's Heartbreak

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Improver  
編舞者: Heather Barton (SCO) - August 2019  
音樂: Dance Away My Broken Heart - Abby Anderson : (iTunes)



Intro: 16 counts

## Section 1 [1-8] Twist R Knee In, Out, In, 1/4 R Kick, R Coaster, L Toe Strut

1,2      Twist R knee in towards L, Twist R knee out  
3,4      Twist Right knee in, 1/4 turn R kicking right foot fwd \*(see styling note below)  
5&6      Step back on R, Step L beside R, Step fwd on R  
7,8      Touch L toe fwd, Place L heel down

## Section 2 [9-16] R & L Toe Taps With Hip Bumps, 1/4 Pivot L With Hip rolls x2

1&2      Tap R toe fwd bumping R hip fwd, back, fwd (travelling fwd)  
3&4      Tap L toe fwd bumping L hip fwd, back, fwd (travelling fwd)  
5,6      Step R slightly fwd, Roll hips anticlockwise turning 1/4 L  
7,8      Step R slightly fwd, Roll hips anticlockwise turning 1/4 L (weight on L)

## Section 3 [17-24] Step Fwd R, Lock L, R Shuffle Fwd, L Fwd Rock Rec, Shuffle 1/2 L

1,2      Step fwd R, Lock L behind R  
3&4      Step fwd R, Step L beside R, Step fwd R  
5,6      Rock fwd L, Recover on R  
7&8      1/4 turn L step L to side, Step R beside L, 1/4 turn L step L fwd

## Section 4 [25-32] R Cross Side, R Sailor & Heel, Ball Cross 1/4 L, Shuffle 1/2 L

1,2      Cross R over L, Step L to L side  
3&4      Step R behind L, Step L beside R, tap R heel fwd (angling 1/8 R)  
&5&6      Place R beside L, Cross L over R, 1/4 turn L step back R  
7&8      1/4 L step L to side, Step R beside L, 1/4 turn L step fwd L

**\*Restart Here On Walls; 3, 4 & 7**

## Section 5 [33-40] Syncopated Fwd Rocks R & L , Shuffle 1/2 L, Step Pivot 1/2 L

1,2&      Rock fwd R, Recover on L, Step R beside L  
3,4      Rock fwd L, Recover on R  
5&6      1/4 turn L step L to side, Step R beside L, 1/4 turn L stepping L fwd  
7,8      Step fwd R, Pivot 1/2 turn L (weight on L)

**(Easier option; Counts 5-8; L Shuffle back, Rock back R, Rec L)**

## Section 6 [41-48] Cross Step R, Side Point L, Cross Step L, Side Point R, R Jazz Box 1/4 R (With Shimmy)

1,2      Cross R over L, Point L to L side & Click fingers out (travelling fwd)  
3,4      Cross L over R, Point R to R side & Click fingers out (travelling fwd)  
5,6      Cross R over L, Step back L (shimmying shoulders)  
7,8      1/4 turn R step R to side , Step L slightly to L side (shimmying shoulders)

**Restarts: Restart the dance after 32 counts on walls 3,4 & 7**

**\*Styling Note.. While twisting R knee in, out, in; Roll shoulders and hips simultaneously**