

Broken Heart

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Tine Hildisch (NOR) - January 2020
音樂: Me and My Broken Heart - Rixton



Intro : 36 Count
- 2 Tags With Restart

S1 Pivot ¼ - Fw lock step x 2 – Step – Sailor ½ turn

1-2 Step RF Forward – turn ¼ L – (Weight on LF)
3&4 Step RF forward – lock LF behind RF – Step RF Forward
&5&6 Step LF Forward – Lock RF behind LF – Step LF Forward – Step RF Forward
7&8 Cross LF Behind RF – Turn ½ turn L Step RF to R – Step LF to L

S2 Cross Touch x 2 – Pivot ¼ - Jump x 3 ½ turn L

1&2& - Cross RF over LF – Step LF L – Touch R Toe R – Step RF next to LF
3&4& - Cross LF over RF – Step RF R – Touch L Toe L – Step LF next to RF
5-6 - Step RF Forward – Turn ¼ L – (Weight on LF)
7&8 - Jump x 3 while turning ½ turn L on both feet (End with weight on LF)

S3 Samba step x 2 (Bootafogo) – ¼ Mambo – Cross shuffle

1&2 - Cross RF over LF – Step LF L – Step RF R
3&4 - Cross LF over RF – Step RF R – Step LF L
5&6 - Rock RF forward – Recover to LF – Step RF ¼ R
7&8 - Cross LF over RF – Step RF R – Cross LF over RF

S4 Syncopated ¼ Monterey x 2 – Mambo R – Mambo L

1&2& - Point Rf R – Turn ¼ R Step RF next to LF – Point LF L – Step LF next to RF
3&4& - Point RF R – Turn ¼ R Step RF Next to LF – Point LF L – Step LF next to RF
5&6 - Rock RF to R – Recover on to LF – Step RF next to LF
7&8 - Rock LF to L – Recover on to RF – Step LF next to RF

On wall 2 – 4 count Tag – sway R – Sway L – sway R – Sway L – Restart the Dance

S5 Rumba box – Shuffle back – Coaster step

1&2 - Step RF R – Step LF Next to RF – Step RF Forward
3&4 - Step LF L – Step RF next to LF – Step LF back
5&6 - Step RF Back – Step LF next to RF – Step RF Back
7&8 - Step LF Back – Step RF Next to LF – Step LF forward

S6 ¼ Shuffle R – Mambo Step – Behind , ¼ L turn, Step Forward– Trippel full turn

1&2 - Step RF ¼ R – Step LF next to RF – Step RF Forward
3&4 - Rock LF Forward – Recover on to RF – Step LF next to RF
5&6 - Cross RF Behind LF – Step LF ¼ L – Step RF Forward
7&8 - Run LF – RF – LF - Full turn R

TAG - 4 Count Tag on wall 2 after 32 counts

TAG - 24 Count Tag at End of Wall 4

Tag 1 – Sway R – Sway L – Sway R – Sway L (Wall 2)

Tag 2 (Wall 4) 24 counts

S1 – Pivot ½ - Shuffle ½ - Walk Back –Walk Back – Mambo Step Back

1-2 Step RF forward – Turn 1/2 L (Weight on LF)
3&4 Step RF ¼ R – Step LF Next to RF – Step RF ¼ R
5-6 Step LF Back – Step RF Back
7&8 Rock LF Back . Recover on to RF – Step LF next to RF

S2 - Repeat S1 Tag (So you do S1 2 times)

S3 Out – out (With heels) In – In – Mambo Step R – Mambo Step L – Walk – Walk

1& - RF Step out on heel diagonal Right – LF step out on heel diagonal Left (&)
2& - RF back to center – LF Back to center(&)
3&4 - Rock RF to R – Recover on to LF – Step RF next to LF
5&6 – Rock LF to L – Recover on to RF – Step LF next to RF
7- 8 – Walk RF – Walk LF

Ending on wall 5 – After 24 counts – do a pivot ¼ Left , facing front.

Enjoy the dance

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