

My Heart Stops Beating

拍數: 32 牆數: 4 級數: Improver
編舞者: Robert Lindsay (UK) - April 2021
音樂: Heartbreak in This City (Single Mix) - Steps & Michelle Visage



Intro 36 seconds

[1-8] Out (r), Out (l), Back, Back, Step Right, Hold, Step Right Beside Left, Step Left to Left, Brush Right

- 1-2 Step right out to right side. Step left out to left side. (12)
3-4 Step right back and in slightly. Step left back and in slightly.
5-6 Step right out to right. Hold.
&7-8 Step right beside left. Step left to left. Brush right across in front of left. (12)

[9-16] Step Right Over, Step Back & ¼ Turn, Right Coaster Step, Step, Step ½ Turn, ½ Turn Shuffle ((L,R,L))

- 1-2 Step right over left. Stepping ¼ turn right, step back on left. (3)
3&4 Step back on right. Step left beside right. Step forward on right.
5-6 Step forward onto left. Turning ½ turn left, Step back onto right. (9)
7&8 Turning ½ turn left, shuffle forward left, right, left. (3)

Restart here on wall 5 (3)

[17-24] Step Out, Out, Dip, ¼ Turn Left, Kick Ball Change, Step Forward, Touch

- 1-2 Step right out to right side. Step left out to left side.
3-4 Bend both knees and dip down. Turn ¼ turn left, taking weight onto right foot. (12)
5&6 Kick left foot forward. Step down onto left foot. Step right foot slightly forward taking the weight.
7-8 Step forward on left. Touch right to left, keeping weight on left foot.

[25-32] Rock Right, Recover, Right Cross Shuffle, Rock Left, Recover, turning ¼ Turn Right, Left Shuffle Forward

- 1-2 Rock right to right side. Rock back onto left.
3&4 Cross step right over left. Step left beside right. Cross step right over left.
5-6 Rock left to left side. Turning ¼ turn right, recover weight onto right. (3)
7&8 Step forward left. Step right beside left. Step forward left.

Tag (8) and Tag Plus (12)

At the end of walls 2 (6) and 7 (9)

V- Step - 8 counts

- 1-2 Step right out to right. Step left out to left.
3-4 Step right and then left in together.
5-8 Repeat Steps 1-4

At the end of wall 8 (12)

Repeat steps 1-8 above and then add 4 hip bumps R, L, R, L (12)

Start Again

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Last Update - 19 July 2021