

# My Heart Can't Breathe

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Teri Rogers (USA) - September 2021  
音樂: My Heart Can't Breathe - John Michael Ferrari : (iTunes.com, Soundcloud.com)



## Intro: 16 Beats - Restart on Wall 3

### Cross Rock Recover Shuffle Right, Half Jazz Box ¼ turn Shuffle Left

1-2      Cross Rock Right over Left, Recover on Left  
3&4      Shuffle Right R-L-R  
5-6      Cross Left over Right, Step back on right  
7&8      Shuffle Left turning ¼ Left (9:00)

### Kick Ball Change x 2, ½ Turn Left, Shuffle Forward

1&2      Kick Right forward, Step on ball of right, change weight to left foot  
3&4      Kick Right forward, Step on ball of right, change weight to left foot  
5-6      Step forward on Right, Turn ½ Left, Step forward on Left

### [On Wall 3: Change shuffle(7&8) to walk, walk (7-8)] Restart Dance

7&8      Shuffle forward on Right (3:00)

### ½ Turn Right, Shuffle Forward, Rock Recover Coaster

1-2      Step forward on Left, Turn ½ right, Step forward on Right  
3&4      Shuffle Forward L-R-L  
5-6      Rock forward on right, recover on left  
7&8      Step back on Right, back on Left, forward on Right R-L-R (9:00)

### Side Rock Left, Sailor Step x 3, (Left Sailor, Right Sailor, Left Sailor)

1-2      Rock Left to left side, Recover on Right  
3&4      Cross Left behind Right, step Right to Right side, step Left in place  
5&6      Cross Right behind left, step left to left side, step right in place  
7&8      Cross Left behind Right, step Right to Right side, step Left in place (9:00)

Restart on Wall 3: Dance up to Section 2 steps 1-6, change shuffle (7&8) to walk forward Right, Walk forward Left (7-8)

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