

3+1 Ha-Breaker

拍數: 64 牆數: 2 級數: Low Intermediate
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音樂: Heartbreaker - Girlicious



Intro : 32 counts in (Approx 0.17 sec)

Notes : There is a Tag and a Restart. Tag happens at the end of Wall 2. Restart happens on Wall 5 after counts 36& with step changes.

#1 (1-8) R Cross Weave, L Side Rock & Recover, L Cross SHuffle

1-2 Weight on LF: Cross RF over LF (1), step LF to L side (2) 12.00
3&4 Cross RF behind LF (3), step LF to L side (&), cross RF over LF (4) 12.00
5-6 Rock LF to L side (5), recover weight on RF (6) 12.00
7&8 Cross LF over RF (7), step RF to R side (&), cross LF over RF (8) 12.00

#2 (9-16) R Side Rock & Recover, R Behind, L Side, R Cross, L Side, R Drag, R Sailor ¼ (R) with R Forward

1-2 Rock RF to R side (1), recover weight on LF (2) 12.00
3&4 Cross RF behind LF (3), step LF to L side (&), cross RF over LF (4) 12.00
5-6 Step LF to L side (5), drag R toes towards LF (6) 12.00
7&8 Turn ¼ R crossing RF behind LF (7), step LF to L side (&), step RF forward (8) 3.00

#3 (17-24) L-R Cross Points, L Forward Rock & Recover, L Coaster Step

1-4 Cross LF over RF (1), point R toes to R side (2), cross RF over LF (3), point L toes to L side (4) 3.00
5-6 Rock LF forward (5), recover weight on RF (6) 3.00
7&8 Step LF back (7), close RF beside LF (&), step LF forward (8) 3.00

#4 (25-32) R Forward Rock & Recover, R Shuffle ½ (R), L Pivot ½ (R), L Forward Shuffle

1-2 Rock RF forward (1), recover weight on LF (2) 3.00
3&4 Turn ¼ R stepping RF to R side (3), close LF next to RF (&), turn ¼ R stepping RF forward (4) 9.00
5-6 Step LF forward (5), turn ½ R over R shoulder (6) 3.00
7&8 Step LF forward (7), close RF next to LF (&), step LF forward (8) 3.00

#5 (33-40) (R Forward Rock & Recover, R Ball, L Heel, Hold, L Close) X2

1-2& Rock RF forward (1), recover weight on LF (2), step RF slightly back (&) 3.00
3-4& Touch L heel forward (4), hold for 1 count (4), close LF beside RF (&) *** 3.00

Restart here on Wall 5 by adding "R Cross Unwind ¾ L" for 4 counts with weight ended on LF. Begin the dance again, facing 6.00 o'clock.

5-6& Rock RF forward (5), recover weight on LF (6), step RF slightly back (&) 3.00
7-8& Touch L heel forward (7), hold for 1 count (8), close LF beside RF (&) 3.00

#6 (41-48) R-L Forward Dorothy Steps, R Jazz Box ¼ (R) with L Forward

1-2& Step RF forward to R diagonal (1), lock LF behind RF (2), step RF forward to R diagonal (&) 3.00
3-4& Step LF forward to L diagonal (3), lock RF behind LF (4), step LF forward to L diagonal (&) 3.00
508 Cross RF over LF (5), turn ⅛ R stepping LF back (6), turn another ⅛ R stepping RF to R side (7), step LF forward (8) 6.00

#7 (49-56) R Forward, L Kick Ball Step, L Forward, R Pivot ¼ (L), R Forward, L Forward Kick, L Close

1-2&3 Step RF forward (1), kick LF forward (2), step LF in place (&), step RF forward (3) 6.00

4-7 Step LF forward (4), step RF forward (5), turn $\frac{1}{4}$ L over L shoulder (6), step RF forward (7) 3.00

8& Kick LF forward (8), close LF beside RF (&) 3.00

#8 (57-64) R Pivot $\frac{1}{4}$ (L), R Pivot $\frac{1}{2}$ (R), R-L Side Hip Bumps

1-4 Step RF forward (1), turn $\frac{1}{4}$ L over L shoulder (2), step RF forward (3), turn $\frac{1}{2}$ L over L shoulder (4) 6.00

5-8 Step RF to R side bumping hips to R side (5), bump hips to L side (6), bump hips to R side (7), bump hips to L side (8) *** 6.00

Tag: here at the end of Wall 2. Begin the dance again, facing 12.00 o'clock.

R Rocking Chair, R-L 'V' Step

1-4 Rock RF forward (1), recover weight on LF (2), rock RF back (3), recover weight on LF (4)

5-8 Step RF forward to R diagonal (5), step LF forward to L diagonal (6), step R in (7), close LF beside RF (8)
