Heart To Break



拍數: 32 編數: Easy Improver

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音樂: Heart to Break - Ryan Griffin: (iTunes etc.)



Intro: 16 counts

Note: There's a simple 4 count TAG at the end of wall 2 (facing 12:00)

S1 - ROCK FORWARD, SHUFFLE 1/2 TURN, 1/4 PIVOT, CROSS ROCK

1-2 Rock RF forward, recover on LF

3&4 Turn ¼ R stepping RF to R side, step LF together, turn ¼ R stepping RF forward (6:00)

5-6 Step LF forward, pivot ¼ R stepping on RF (9:00)

7-8 Rock LF over RF, recover on RF

S2 - SIDE ROCK, CROSS SHUFFLE, 1/4 TURN, SIDE, CROSS ROCK

1-2 Rock LF to L side, recover on RF

3&4 Cross LF over RF, step RF to R side, cross LF over RF
5-6 Turn ¼ L stepping RF back, step LF to L side (6:00)

7-8 Rock RF over LF, recover on LF

S3 - SIDE ROCK & SIDE ROCK, SAILOR 1/4 TURN, 1/2 PIVOT

1-2 Rock RF to R side, recover on LF

&3-4 Step RF together, rock LF to L side, recover on RF

5&6 Start ¼ turn L stepping LF behind RF, step RF in place, finish ¼ turn by stepping LF forward

(3:00)

7-8 Step RF forward, pivot ½ L stepping on LF (9:00)

S4 - WALK x2, MAMBO STEP WITH SWEEP, WALK BACK x2 WITH SWEEPS, SAILOR 1/4 TURN

1-2 Walk forward on RF, walk forward on LF

3&4 Rock RF forward, recover on LF, step RF back sweeping LF from front to back

5-6 Step LF back sweeping RF from front to back, step RF back sweeping LF from front to back 7&8 Start ¼ turn L stepping LF behind RF, step RF in place, finish ¼ turn by stepping LF forward

(6:00)

Start again

TAG: at the end of wall 2 (facing 12:00) - ROCKING CHAIR

1-4 Rock RF forward, recover on LF, rock RF back, recover on LF

Optional ENDING: after wall 9, on count 1, step RF forward and turn ½ L to face the front wall