

You Are The Eternal Pain In My Heart (你是我胸口永远的痛) Remix

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Yuliana Chang (INA) - June 2024
音樂: 王杰VS叶欢《你是我胸口永远的痛》Dj王公子 FunkyHouse KTV 导唱字幕 (备有伴奏视频)



No restart

**2 tags1 at the end of wall 6,12
*1 tag2 at the end of wall 10
***3 tags3 at the end of wall 1,4,7
***2 tags4 at the end of wall 2,8

Tag1 : Step Rf to R side (1),Recover on Lf (2),Cross Rf behind Lf (3),Recover on Lf (4)

Tag2 : Step Rf to R side (1),Recover on Lf (2),Cross Rf behind Lf (3),Recover on Lf (4), Step Rf fwd (5),Pivot 1/2L, Step Lf in place (6),Step Rf fwd (7),Pivot 1/2L,Step Lf in place (8)

Tag 3 : Sec 1 = Step Rf to R side (1),Recover on Lf (2),Cross Rf behind Lf (3),Recover on Lf (4), Step Rf fwd (5),Pivot 1/2L, Step Lf in place (6),Step Rf fwd (7),Pivot 1/2L,Step Lf in place (8)
Sec 2 = Step Rf to R diagonal (1),Step Lf to L diagonal (2),Step Rf back to center (3),Step Lf next to Rf (4)

Tag 4 : Sec 1 = Step Rf to R side (1),Recover on Lf (2),Cross Rf behind Lf (3),Recover on Lf (4), Step Rf fwd (5),Pivot 1/2L, Step Lf in place (6),Step Rf fwd (7),Pivot 1/2L,Step Lf in place (8)
Sec 2 = Step Rf to R diagonal (1),Step Lf to L diagonal (2),Step Rf back to center (3),Step Lf next to Rf (4),Step Rf to R side (5),Touch Cross Lf behind Rf (6),Step Lf to L side (7),Touch Cross Rf behind Lf (8)

Sec 1 : Rumba Box Shuffle

123&4 Step Rf to R side (1),Step Lf next to Rf (2),Step Rf fwd (3),Step Lf next to Rf (&),Step Rf fwd (4)
567&8 Step Lf to L side (5),Step Rf next to Lf (6),Step Lf back (7),Step Rf next to Lf (&),Step Lf back (8)

Sec 2 : Rock Back,Recover,Fwd Shuffle - Fwd,1/4R-Recover,Cross Shuffle

123&4 Step Rf back (1),Recover on Lf (2),Step Rf fwd (3),Step Lf next to Rf (&),Step Rf fwd (4)
567&8 Step Lf fwd (5),1/4 turn R-Recover on Rf (6),Cross Lf over Rf (7),Step Lf to L side (&),Cross Lf over Rf (8)

Sec 3 : Side,Recover,1/4 R-Coaster Step - Heel Grind - Coaster Step

123&4 Step Rf to R side (1),Recover on Lf (2),1/4 turn R - Step Rf back (3),Step Lf next to Rf (&),Step Rf fwd (4)
567&8 Touch Lf heel fwd with toes facing in (5),swivel toes out while turning 1/4 L (6) Step Lf back (7),Step Rf next to Lf (&),Step Lf fwd (8)

Sec 4 : Paddle 1/4R (2x) - 1/4 R jazzbox

1234 Step LF fwd (1), Roll hip make a 1/4R, Recover on RF (2), Repeat (3,4) (facing 6.00)
5678 Cross Rf over Lf (5), 1/4 turn R, Step Lf Behind (6), Step Rf to Side (7), Cross Lf over Rf (8) facing 09.00

Good Luck & Enjoy It □□□□□□□□□□
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