

First Heartbreak

拍數: 32 牆數: 2 級數: Advanced
編舞者: Kim Ray (UK) - January 2025
音樂: First Heartbreak - Kirby : (Single)



Intro: 16 counts

S1 FULL SPIRAL, ¼ SHUFFLE SWEEP, CROSS SIDE BEHIND SWEEP, BEHIND SIDE, CROSS ROCK/RECOVER, SIDE, ROCK, ¼ TURN LEFT/RECOVER BACK ON RIGHT

- 1 Step forward on right, full spiral turn left (12:00)
2&3 Step forward on left, 1/8 turn left stepping right next to left, 1/8 turn left stepping forward on left sweeping right out and forward (9:00)
4&5 Cross right over left, step left to left side, cross right behind left sweeping right out and back
6& Cross left behind right, step right to right side
7&8& Cross rock left over right, recover back on right, rock left to left side, ¼ turn left recovering back on right (6:00)

S2 ¼ TURN STEP FORWARD SWEEP, CROSS SIDE BEHIND SWEEP, BEHIND SIDE CROSS, ½ TURN LEFT, 1/8 TURN LEFT, STEP FORWARD & HITCH, BACK, ¼ TURN STEP FORWARD

- 1 ¼ turn left stepping forward on left sweeping right out and forward (3:00)
2&3 Cross right over left, step left to left side, cross right behind left sweeping left out and back
4&5 Cross left behind right, step right to right side, cross step left over right (STEP CHANGE & RESTART SEE BELOW)
6&7 ¼ turn left stepping back on right, ¼ turn left stepping forward on left, 1/8 turn left step forward on right hitch left knee up (7:30)
8& Step back on left, ¼ turn right stepping forward on right (10:30)

S3 STEP FORWARD, ½ TURN RIGHT, ½ TURN RIGHT, 3/8 TURN RUN AROUND SWEEP, CROSS SIDE CLOSE, CROSS ¼ TURN RIGHT

- 1-2 Step forward on left, ½ pivot turn right (4:30)
3 ½ turn right stepping back on left (10:30)
4&5 Run around 5/8 turn right stepping right, left, right sweeping left out and forward (7:30)
6&7 1/8 turn right crossing left over right, step right to right side, step left next to right (9:00)
8& Cross right over left, ¼ turn right stepping left to left side (12:00)

S4 SWAY RIGHT, LEFT, RIGHT, BASIC LEFT, STEP FORWARD, PIVOT ½ TURN RIGHT, FULL TURN LEFT

- 1-2& Sway right to right side, sway left, sway right
3&4 Large step to left side, back on right, cross left over right
5 Step forward on right (12:00)
6&7 Step forward on left, pivot ½ turn right, step forward on left (6:00)
8& ½ turn left stepping back on right, ½ turn left stepping forward on left (6:00)

STEP CHANGE ON WALL 3 (3:00) – DANCE SECTION 2 UP TO COUNT 5

- 6& Recover weight back on right, ¼ turn left stepping forward on left (12:00)
7-8 Walk forward on right, walk forward on left (option full turn left)

Dance finishes on counts 8& of S4 at 12:00.