

From a Broken Heart

COPPER KNOB
STEPSHEETS

拍數: 65 牆數: 2 級數: Phrased Advanced - Rolling 7
編舞者: Mike Liadouze (FR) - January 2025
音樂: Can You Die From a Broken Heart - Nate Smith & Avril Lavigne



Introduction: 7 counts Sequence: AABC ABCC ending

PART A (14 counts):

[1-7] WALTZ FWD BASIC, BACK, ¼, SAILOR STEP, BEHIND, ¼, STEP ½ TURN

1&a Step LF forward, Step RF together, Step LF together
2& Step RF back, ¼ turn L... Step LF side (9:00)
3&a Cross RF behind LF, Step LF side, Step RF side
4-5 Cross LF behind RF, ¼ turn R... Step RF forward (12:00)
6-7 Step LF forward, Step RF forward (6:00)

[8-14] WALTZ FWD BASIC, WALTZ BACK BASIC, WALTZ ½ BASIC, BACK, TOGETHER, WALK, WALK, TOGETHER

1&a Step LF forward, Step RF together, Step LF together
2&a Step RF back, Step LF together, Step RF together
3&a Step LF forward, ¼ turn L... Step RF together, ¼ turn R... Step LF together (12:00)
4-5 Step RF back, Step LF together
6-7a Step RF forward, Step LF forward, Step RF together

PART B (16 counts):

[1-8] DIAMOND SHAPE FALLAWAY, TWINKLE x2, STEP ½ SWEEP, SAILOR STEP

1&a Cross LF over RF, Step RF side, ⅛ turn L... Step LF back (10:30)
2&a Step RF back, ⅛ turn L... Step LF side, ⅛ turn L... Step RF forward (7:30)
3&a Step LF forward, ⅛ turn L... Step RF side, ⅛ turn L... Step LF back (4:30)
4&a Step RF back, ⅛ turn L... Step LF side, ⅛ turn L... Step RF forward (1:30)
5&a ⅛ turn L... Cross LF over RF, Rock RF side, Recover on LF side (12:00)
6&a Cross RF over RF, Rock LF side, Recover on RF side
7 Cross LF over RF
8&a ½ à D sweeping RF back... Cross RF behind LF, Step LF side, Step RF diagonally forward (6:00)

[1-8] DIAMOND SHAPE FALLAWAY, TWINKLE x2, STEP ½ SWEEP, COASTER STEP

1&a Cross LF over RF, Step RF side, ⅛ turn L... Step LF back (4:30)
2&a Step RF back, ⅛ turn L... Step LF side, ⅛ turn L... Step RF forward (1:30)
3&a Step LF forward, ⅛ turn L... Step RF side, ⅛ turn L... Step LF back (10:30)
4&a Step RF back, ⅛ turn L... Step LF side, ⅛ turn L... Step RF forward (7:30)
5&a ⅛ turn L... Cross LF over RF, Rock RF side, Recover on LF side (6:00)
6&a Cross RF over RF, Rock LF side, Recover on RF side
7 Cross LF over RF
8&a ½ turn R sweeping RF back... Step RF back, Step LF together, Step RF forward (12:00)

PART C (35 counts):

[1-7] WALTZ ½ BASIC, BIG STEP BACK, ¼, POINT SIDE, ¼, SPIRAL ¾, SWAY x2, TWINKLE

1&a Step LF forward, ¼ turn L... Step RF together, ¼ turn R... Step LF together (6:00)
2a3 Big step RF back dragging LF toward RF, ¼ turn L... Step LF side, Point R toe side (3:00)
a4 ¼ turn R... Step RF forward, Step LF forward with spiral ¾ à D... (3:00)
5-6 Step RF side swaying R, Recover on LF side swaying L
7&a Cross RF over LF, Rock LF side, Recover on RF side

[8-14] WEAVE ¼, STEP w/HITCH ¾, STEP, LOCK, STEP w/HITCH ¼, SAILOR ½

- 1&a Cross LF over RF, Step RF side, Cross LF behind RF
2-3a ¼ turn R... Step RF forward hitching L knee ¾ turn R... Step LF forward, Lock RF behind LF (10:30)
4-5-6 Step LF forward hitching R knee ¼ à G..., Rock RF forward, Recover on LF back sweeping RF back (7:30)
7&a ¾ turn R... Cross RF behind LF, ¼ turn R... Step LF side, Step RF forward (3:00)

[15-21] WALTZ ½ BASIC, BIG STEP BACK, ¼, POINT SIDE, ¼, SPIRAL ¾, SWAY x2, CROSS, OUT, OUT

- 1&a Step LF forward, ¼ turn L... Step RF together, ¼ turn R... Step LF together (3:00)
2a3 Big step RF back dragging LF toward RF, ¼ turn L... Step LF side, Point R toe side (6:00)
a4 ¼ turn R... Step RF forward, Step LF forward avec spiral ¾ à D... (6:00)
5-6 Step RF side swaying R, Recover on LF side swaying L
7&a Cross RF over LF, Step LF diagonally back, Step RF diagonally back

[22-28] HOLD, STEP, LOCK, STEP w/HITCH ½, 2x CROSS POINT, 2x PRISSY WALK, CROSS, OUT, OUT

- 1&a2 HOLD, Step LF forward, Lock RF behind LF, Step LF forward hitching R knee ½ turn L... (12:00)
a3 Cross RF over LF, Point L toe side
Styling 3: R hand on heart
a4 Cross LF over RF, Point R toe side
Styling 4: L hand on heart
5-6 Step RF forward slightly cross, Step LF forward slightly cross
7&a Cross RF over LF, Step LF diagonally back, Step RF diagonally back

[29-35] HOLD, STEP, LOCK, STEP w/HITCH ½, 2x CROSS POINT, 3x PRISSY WALK

- 1&a2 HOLD, Step LF forward, Lock RF behind LF, Step LF forward hitching R knee ½ turn L... (6:00)
a3 Cross RF over LF, Point L toe side
Styling 3 : R hand on heart
a4 Cross LF over RF, Point R toe side
Styling 4: L hand on heart
5-6-7 Step RF forward slightly cross, Step LF forward slightly cross, Step RF forward slightly cross

FINAL (Add « &a » after count 35 PART C, then add first 4 counts of last section PART C)

[7-4] CROSS, OUT, OUT, HOLD, STEP, LOCK, STEP w/HITCH ½, 2x CROSS POINT

- 7&a Cross RF over LF, Step LF diagonally back, Step RF diagonally back
1&a2 HOLD, Step LF forward, Lock RF behind LF, Step LF forward hitching R knee ½ turn L... (12:00)
a3 Cross RF over LF, Point L toe side
Styling 3: R hand on heart
a4 Cross LF over RF, Point R toe side
Styling 4: L hand on heart
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