

Mr. Heartache

COPPER KNOB
BY STEPHEN BRETZ

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Heidi Leigep-Brown (AUS)
音樂: Hello Mr. Heartache - The Chicks



RIGHT KICK, BALL STEP, STEP RIGHT FORWARD, TOUCH LEFT, LEFT KICK, BALL STEP, LEFT KICK, BALL STEP

- 1&2-3-4 Kick right forward, step right next to left, step left forward, step right forward, touch left next to right
- 5&6-7&8 Kick left forward, step left next to right, step right forward, kick left forward, step left next to right, step right forward

ROCK LEFT FORWARD, ROCK BACK RIGHT, ½ TURN LEFT, ¼ TURN LEFT STEP LEFT BEHIND, RIGHT SIDE SHUFFLE, SCUFF LEFT

- 9-10-11-12 Rock forward on left, rock back on right, turning ½ left step forward on left, turning ¼ left step, right next to left
- 13-14&15-16 Step left behind right, right shuffle to right (right, left, right), scuff left next to right

LEFT HEEL STRUT, ¼ TURN RIGHT, HOLD, SWAY HIPS & SHOULDERS RIGHT, LEFT, RIGHT, LEFT

- 17-18-19-20 Touch left heel forward, slap left toe down, pivot ¼ right, hold
- 21-22-23-24 Sway hips & shoulders right, left, right, left

RIGHT KICK, BALL CROSS, STEP RIGHT SIDE, STEP LEFT BEHIND, TOUCH RIGHT TOE TO INSTEP, TURN ¼ RIGHT TOUCHING RIGHT HEEL FORWARD, RIGHT SHUFFLE BACK

- 25-26-27-28 Kick right forward diagonally right, step back slightly on right, step left across right, step right to right, step left behind right
- 29-30-31&32 Touch right toe to left instep, turn ¼ right touching right heel forward, right shuffle back (right, left, right) (weight on right)

LEFT ROCK TO SIDE, RECOVER, TOUCH LEFT BEHIND, UNWIND ¾ LEFT, RIGHT HEEL STRUT, LEFT HEEL STRUT

- 33-34-35-36 Rock left to left, rock onto right, touch left behind right, unwind ¾ left (weight on left)
- 37-38-39-40 Touch right heel forward, slap right toe down, touch left heel forward, slap left toe down

TURN ½ RIGHT, RIGHT TOE STRUT BACK, LEFT TOE STRUT BACK, ROCK RIGHT, RECOVER, TOUCH RIGHT BEHIND, UNWIND ¾ RIGHT

- 41-42-43-44 Turn ½ right and touch right toe back, slap right heel down, touch left toe back, slap left heel down
- 45-46-47-48 Rock right to right, rock onto left, touch right behind left, unwind ¾ right

& HEEL, HOOK, HEEL, LEFT SHUFFLE BACK, & HEEL, HOOK, HEEL, LEFT COASTER

- &49&50-51&52 Jump back on right (&), touch left heel forward, hook left foot across right knee (&), touch left heel forward, left shuffle back (left, right, left)
- &53&54-55&56 Jump back on right (&), touch left heel forward, hook left foot across right knee (&), step left back, step right together, step left forward (left coaster)

REPEAT
