

Number 1 Heartache

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 1 級數: Improver
編舞者: Yvonne Anderson (SCO)
音樂: #1 with a Heartache - Neil Sedaka



STEP ACROSS, SIDE, RIGHT SAILOR STEP, STEP ACROSS, ¼ LEFT, SHUFFLE BACK

1-2 Step right across left, step left to left (12:00)
3&4 Step right behind left, & step left to left, step right to right (12:00)
5-6 Step left across right, make ¼ turn left stepping right back (9:00)
7&8 Shuffle back stepping left, right, left (9:00)

ROCK BACK, RECOVER, TWO STEP FULL TURN (TRAVELS FORWARD), ROCK RECOVER, RIGHT COASTER STEP

1-2 Rock right back, recover weight on left (9:00)
3-4 Make ½ turn left stepping right back, make ½ turn left stepping left forward (9:00)
5-6 Rock right forward, recover weight on left (9:00)
7&8 Step right back, & step left beside right, step right forward (9:00)

STEP, ¼ TURN RIGHT, STEP ACROSS, POINT, BEHIND, ¼ LEFT, PIVOT ½ LEFT

1-2 Step left forward, make ¼ turn right taking weight on right (12:00)
3-4 Step left across right, point right toes to right (12:00)

Tag 1 & restart during 2nd and 5th & 7th repetitions

5-8 Step right behind left, make ¼ left stepping left forward, step right forward, pivot ½ turn left (3:00)

SIDE SHUFFLE, ROCK BACK, RECOVER, VINE ½ TURN, STEP

1&2 Step right to right, & step left beside right, step right to right (3:00)
3-4 Rock left behind right, recover weight on right (3:00)
5-8 Step left to left, step right behind left, make ¼ turn left stepping left forward, make ¼ turn left stepping right to right (9:00)

STEP ACROSS, SIDE, LEFT SAILOR STEP, STEP ACROSS, ¼ RIGHT, SHUFFLE BACK

1-2 Step left across right, step right to right (9:00)
3&4 Step left behind right, & step right to right, step left to left (9:00)
5-6 Step right across left, make ¼ turn right stepping left back (12:00)
7&8 Shuffle back stepping right, left, right (12:00)

ROCK BACK, RECOVER, TWO STEP FULL TURN (TRAVELS FORWARD), ROCK RECOVER, LEFT COASTER STEP

1-2 Rock left back, recover weight on right (12:00)
3-4 Make ½ turn right stepping left back, make ½ turn right stepping right forward (12:00)
5-6 Rock left forward, recover weight on right (12:00)
7&8 Step left back, & step right beside left, step left forward (12:00)

STEP, ¼ TURN LEFT, STEP ACROSS, POINT, BEHIND, ¼ RIGHT, PIVOT ½ RIGHT

1-2 Step right forward, make ¼ turn left taking weight on left (9:00)
3-4 Step right across left, point left toes to left (9:00)
5-8 Step left behind right, make ¼ right stepping right forward, step left forward, pivot ½ right (6:00)

SIDE SHUFFLE, ROCK BACK, RECOVER, VINE ½ TURN, STEP

1&2 Step left to left, & step right beside left, step left to left (6:00)

- 3-4 Rock right behind left, recover weight on left (6:00)
5-8 Step right to right, step left behind right, make $\frac{1}{4}$ turn right stepping right forward, make $\frac{1}{4}$ turn right stepping left to left (12:00)

REPEAT

TAG

At the end of 3rd repetition

- 1-4 Right foot lead jazz box
5-8 Step right forward, pivot $\frac{1}{2}$ turn left, step right forward, pivot $\frac{1}{2}$ turn left (12:00)

TAG 1

After count 20 of the 2nd and 5th & 7th repetitions

2 X $\frac{1}{2}$ TURN LEFT

- 1-4 Step right forward, pivot $\frac{1}{2}$ turn left, step right forward, pivot $\frac{1}{2}$ turn left (12:00)
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