

Tyre Tracks & Broken Hearts

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 4 級數: Advanced
編舞者: Nicola McQuillan
音樂: Tyre Tracks & Broken Hearts - Bonnie Tyler



When dancing to "Tyre Tracks & Broken Hearts", Start 32 counts after the saxophone kicks in; not on the first vocals. When dancing to "Holding Out For A Hero", there is no tag.

ROCK, RECOVER, RIGHT SHUFFLE ½ TURN, TWO STEP TURN, LEFT SHUFFLE

- 1-2 Rock right foot forward, recover weight on left
- 3&4 Making a ½ turn to the right, by the right, right shuffle
- 5-6 Stepping left then right, make a full turn by the right moving forward
- 7&8 Left shuffle forward
- 9-16 Repeat counts 1-8; finish at home wall

STEP RIGHT AND LEFT, 'ELVIS KNEES', CROSS, HOLD, CLICK

- 1 Step right foot to right side, and, at the same time, slap both hands backwards over outer thighs
- 2 Step left foot to left side, and, at the same time, slap both hands forward over outer thighs
- 3-4 Bend right knee in, bend left knee in
- &5-6 Step left foot to left side, cross right foot over left, hold, and click the fingers of the right hand
- &7-8 Step left foot to left side, cross right foot over left, hold, and click the fingers of the right hand

TOE TAP, HEEL TOUCH, BRUSH STEP, HIP BUMPS, TOE TOUCHES

- 1&2 Tap left toe behind right heel, step left foot back and touch right heel forward
- &3-4 Step right foot next to left, lift left foot and brush left foot forward, step forward left
- 5&6 Bump hips right, left right (weight is equally balanced on both feet)
- &7 Step left foot next to right and touch right toe to right side
- &8 Step right foot next to left and touch left toe to left side

KICK FORWARD, KICK SIDE, TRIPLE STEP WITH A ½ TURN

- 1-2 Kick left foot forward, kick left foot to the side
- 3&4 Make a ½ turn to the left stepping left, right, left
- 5-6 Kick right foot forward, kick right foot to the side
- 7&8 Make a ½ turn to the right, stepping right, left, right

Optional arms for the kicks: on the kick forward, clench the fists, crossing right fist over left, and punch downwards. On the kick to the side, punch right fist down to right side at the same time as you punch left fist down to left side

SLOW WALKS BACK, COASTER STEP, WALK FORWARD RIGHT AND LEFT

- 1-2 Step back left and drag right foot back
- 3-4 Step back right and drag left foot back
- 5&6 Step left foot back, step right next to left, step left foot forward
- 7-8 Walk forward right, walk forward left

Optional arms for the walks back: on the walk back on the left push the left arm forward with the palm to the front, and place the right hand on the right hip, on the walk back on the right, push the right arm forward, palm to the front and place the left hand on left hip

BODY ROLL, 2 X HIP CIRCLES TO THE LEFT

- 1-4 Step right foot forward and body roll up (finish with weight equally balanced)
- 5-8 Two hip circles to the left

KICK, CROSS, TURN, FLICK, PIVOT A HALF, PIVOT A QUARTER

- 1-2 Kick left foot to left diagonal, cross left foot over right foot
- 3 Turn a full turn to the right on the balls of both feet
- 4 Flick right foot up to the back
- 5-6 Step right foot forward and pivot a ½ turn to the left
- 7-8 Step right foot forward and pivot a ¼ turn to the left

REPEAT

When using the track "Tyre Tracks And Broken Hearts" there is an (easy) 80 count tag which is added after the 4th wall is danced - this is the only time the tag is added

80 COUNT TAG:

4 X SLOW WALKS BACK

- 1-4 Walk back right, walk back left, clicking the fingers of the right hand
- 5-8 Repeat counts 1-4

4 X TOE TOUCHES

- 1-2 Touch right toe to right side, cross right foot over left foot
- 3-4 Touch left toe to left side, cross left foot over right foot
- 5-6 Touch right toe to right side, cross right foot over left foot
- 7-8 Touch left toe to left side, cross left foot over right foot

Optional styling: as you touch the right toe to the right side, push the right shoulder forward with a slight body turn to the left diagonal; as you touch the left toe to the left side, push the left shoulder forward with a slight body turn to the right diagonal

2 X SHUFFLES BACK, ROCK STEP, ¼ PIVOT

- 1&2 Right shuffle back
- 3&4 Left shuffle back
- 5-6 Rock right foot back, . Recover weight on left foot
- 7-8 Step right foot forward and pivot a ¼ left

25-72 Repeat counts 9-24 another three times - you should end up at the wall where you started the tag

73-80 Repeat counts 1-8
