拍數： 42
慛數： 0
級數：
編舞者：Country Bound（USA）
音樂：Heartbroke Out of My Mind－Brooks \＆Dunn


Position：Start in Promenade position，ladies on gents right side
SIDE，TOGETHER，SIDE，CROSS ROCK
1 Step to right side with right foot
\＆Slide left foot next to right foot
$2 \quad$ Step to right side with right foot
3 Step across behind right leg with left foot
$4 \quad$ Rock weight onto right foot
SIDE，TOGETHER，SIDE，CROSS ROCK
5 Step to left side with left foot
\＆Slide right foot next to left foot
$6 \quad$ Step to left side with left foot
$7 \quad$ Step across behind left leg with right foot
8
Rock weight onto left foot
SIDE，TOGETHER，SIDE，ROCK－STEP
$9 \quad$ Step to right side with right foot
\＆Slide left foot next to right foot
10 Step to right side with right foot
11 Step forward with left foot
12 Rock back onto right foot
ROCK－STEP，SHUFFLE
13 Step back with left foot
14 Rock forward onto right foot
15 Step forward with left foot
\＆Step together with right foot next to left foot
16 Step forward with left foot
ROCK－STEPS
17 Step forward with right foot
18 Rock back onto left foot
19 Step back with right foot
20 Rock forward onto left foot
You will now start a series of seven（7）shuffles．The lady will turn into a wrap on shuffle three（3）and back out to promenade position on shuffle six（6）．

## SHUFFLE FORWARD

21
\＆

Step forward with right foot
Step together with left foot next to right foot
Step forward with right foot
Step forward with left foot
Step together with right foot next to left foot
Step forward with left foot

## Lady turns 1 full turn left into wrap position

25 Step forward with right foot
\& Step together with left foot next to right foot
26 Step forward with right foot

## SHUFFLE FORWARD

$27 \quad$ Step forward with left foot
\& Step together with right foot next to left foot
28 Step forward with left foot
29 Step forward with right foot
\& Step together with left foot next to right foot
30
Step forward with right foot
SHUFFLE FORWARD, LADY TURNS RIGHT
Lady turns 1 full turn right into promenade position

31
\&
32
33
\&
34

JAZZ BOX
35
36
37
38
JAZZ BOX

40
41
42

39 Step across in front of right leg with left foot
Step forward with left foot
Step together with right foot next to left foot
Step forward with left foot
Step forward with right foot
Step together with left foot next to right foot
Step forward with right foot

Step across in front of right leg with left foot
Step back with right foot
Step back with left foot
Step together with right foot next to left foot

Step back with right foot
Step back with left foot
Step together with right foot next to left foot

REPEAT

